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MARCH 1990 VOL. 12 NUMBER 3
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The Magazine of Self Reliance

GUIDE



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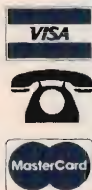
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AMERICAN SURVIVAL

The Magazine of Self Reliance

GUIDE

MARCH 1990 VOLUME 12 NUMBER 3

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The Calico M-900 semi-auto carbine with 50- and 100-round magazines is accurate, reliable, compact, light weight. See page 24 (Photo by Jim Benson). Inset: making your own survival kits. See page 30.

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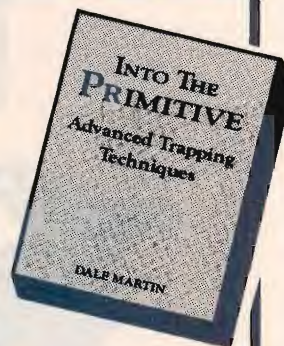
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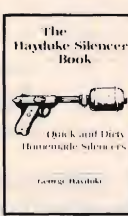
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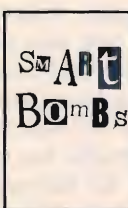
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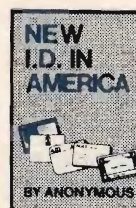
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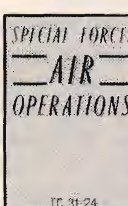
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TO THE POINT



Looking ahead to the 1990s...

NOW that we've entered the final decade of the tumultuous 20th Century, it seems appropriate to consider what might be expected in the coming years that could have an impact on our individual, national or global survival.

What things could be occurring in the 1990s that could make a difference in how you survive, or whether you survive? There are many activities of the human race we could discuss which may affect our survival. There isn't space here to cover them all, even if we were able to come up with a list of all of them. Some of the more prominent things that come to mind immediately include war, pollution, overpopulation, the AIDS epidemic (this one may cut down on the population explosion!), drugs, economic concerns, natural and manmade disasters, crime, and diminishing personal rights and freedoms—the ever increasing restrictions of “gun control” being a prime example.

“Human problems have proliferated at an accelerating rate in the 20th Century, so the 1990s will likely be the most worry-filled decade that mankind has ever experienced,” according to a report, *Issues of the '90s*, put out by the World Future Society which publishes *The Futurist* magazine.

In this space I want to touch on some of the problems you and I will likely be concerned with in the next few years. Internationally, despite the

growing forecasts of our press gurus of “the collapse of communism” and their questioning our need for a strong military and the Strategic Defense Initiative, the events of the past few months have shown that warfare and international tensions can be expected to remain with us for the foreseeable future. Some recent examples are the communist offensive in El Salvador, the U.S. invasion of Panama and the bloody revolution in Romania.

The apparent lifting of the Iron Curtain over Eastern Europe is indeed encouraging and would seem to be a dramatic reversal of the long established communist plan for world domination, but I'm not ready to accept the contention of the Pollyannas in our society that we are witnessing the demise of communism.

Regarding the environment, we can expect to continue to experience the vicissitudes of nature in the form of hurricanes, earthquakes, floods, tornados and other calamities, as well as manmade disasters such as nuclear crises, oil tanker spills, refinery fires, poison gas leaks, etc. Additionally we face the problems of international terrorism, diminishing natural resources, the worldwide AIDS epidemic, poverty and hunger and overpopulation.

Domestically, we'll be directly affected by some of these problems, of course, as well as with continued and rising violent crime, the drug abuse

menace, economic concerns (continued bank and savings and loan failures, inflation, etc.), and political and moral issues such as abortion and gun control.

Regarding this last matter, we can anticipate a renewed drive by the growing anti-firearms ownership movement to disarm the American people in 1990. This ominous trend, if not stopped, could spell the beginning of an era of political repression in the U.S. So many of the powerful people in the media and government who are pushing for more and more gun control are doing so because they lust for personal power and control of people's lives (such people have been around throughout human history).

If you listen to what many of these people have to say, you realize that their vision of the future for this country is much different than what you or I would want to see. Their efforts to brainwash Americans into accepting a large, powerful centralized government and greatly diminished personal liberties is for me perhaps the greatest threat to this nation in the immediate future.

I have tried to outline here the more obvious challenges we face in the coming decade. The need for preparedness and vigilance for threats to our survival and well-being and the actions we take to overcome them are as important today, in the 1990s, as they ever have been — *Jim Benson*.



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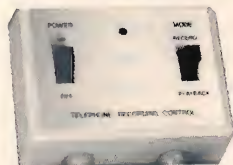


utilities, security professionals and more. Here's what you get: One 6 D-Cell Mag-Lite (19.5" long); One 5X magnification, nitrogen-filled telescope with 32mm objective lens; Two durable, quick-assembly mounting brackets. The whole system is Jet Black color. Use the Tele-Light-Scope and experience a state-of-the-art tool that's technologically advanced over other nighttime viewing systems, one that magnifies and illuminates your target with astounding accuracy! Money back guarantee. Price: \$144.00 + \$3.50 shipping and that includes a FREE carrying strap. (If you already own a "D-cell" size Mag-Lite, save by ordering the telescope and mounting brackets for \$119.00 + \$3.50 shipping).

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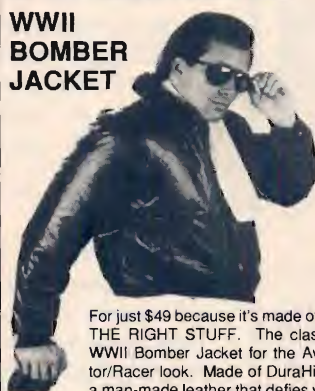
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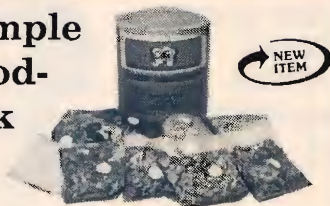
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SURVIVAL LINE

*More intense hurricanes forecast, possible
Soviet attack in Europe could take longer,
Medfly terror?...*

THE U.S. can expect a "multi-decade period of more intense... hurricanes," so says Colorado State University hurricane expert William Gray. In analyzing the hurricanes which struck the U.S. during the 1980s Gray noted a correlation between their intensities and the amount of rain all across Northern Africa. Last year, Gray, saw both the heaviest rainfall in Northern Africa in the past 22 years and the most intense hurricanes, Gabrielle and Hugo, of the past decade.

For the 1990 hurricane season, Gray says that it "appears likely that... two or three hurricanes with intensities similar to Gabrielle and Hugo can be expected."

Warning Times — Senior U.S. intelligence experts have concluded that the U.S. would have at least a month or more of warning of a full scale Soviet attack in Europe. Previous assessments had put the warning time of such an attack at just 14 days. Officials say that the changes in Eastern Europe and recent cuts in Soviet offensive forces stationed close to the East-West border are the prime reasons for the increase in the warning time estimate.

The estimate of the warning time the U.S. might have before a large-scale attack is vital to Pentagon planners. A wide range of strategic, tactical, logistic, and purchasing decisions are based on how long a warning time the U.S. can expect. For example, the shorter the warning time the faster the U.S. would have to get U.S. based troops to Europe. The quickest and most expensive way to do this is by airlift. This would mean investing more in transport aircraft. If, however, the warning time is extended, military planners could use slower, but cheaper and more efficient, transport ships to ferry troops to Europe. The decision whether to purchase transport aircraft or ships is thus highly dependent on

the warning time estimate.

Environmental Terrorism — In the early 1980s California agricultural officials waged a successful war against an infestation of the Mediterranean fruit fly. The medfly as it is commonly known, can destroy crops and devastate a region's agricultural industry.

Now California is again battling a medfly infestation in the Los Angeles County area. The difference this time is that the medflies may have been introduced into the area on purpose by an "environmental" group opposed to pesticides. Los Angeles police are investigating a previously unheard of group calling itself the "Breeders." The group has claimed responsibility for spreading the medfly throughout Southern California as a way of protesting the aerial spraying of chemical pesticides. The group has stated its intention of making the medfly problem, "unmanageable and aerial spraying politically and financially intolerable."

Half Million Dollar Survival Book — If you have both the ability to write and a story idea that ends on the optimistic note of the ultimate survival and prosperity of life on earth, Ted Turner has a contest for you.

Turner, the owner of Turner Broadcasting System, TBS, and the Cable News Network, CNN, recently announced the contest at the New York Public Library. The winner will receive \$500,000, with the next 4 runner-ups receiving \$50,000 each.

Unpublished manuscripts of at least 50,000 words can be submitted between January 15, 1990 and November 20, 1990. The stories must be fiction and take place in the near future.

Further information on the rules and eligibility requirements can be had by writing to: Turner Tomorrow Awards, 1 CNN center, P.O. Box 105366, Atlanta, GA 30329 ●

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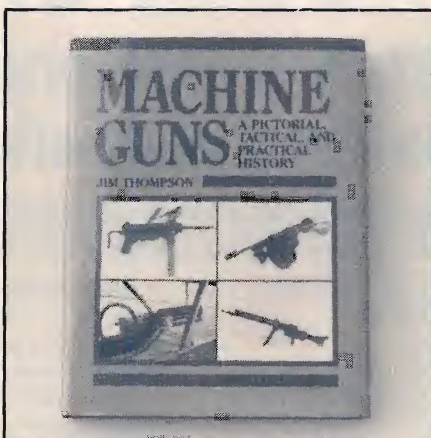
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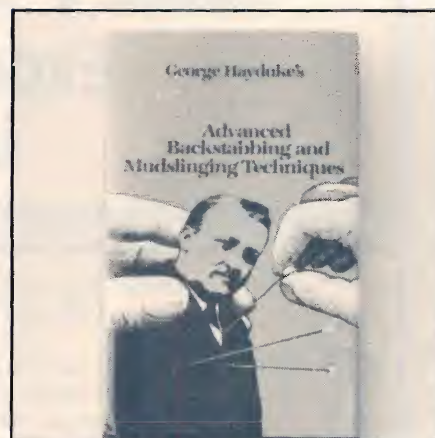
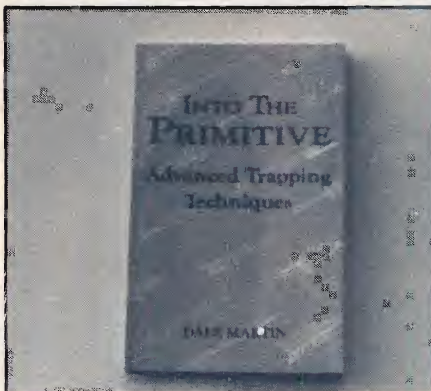
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BOOKS/VIDEOS



Machine Guns, A Pictorial, Tactical, and Practical History, by Jim Thompson. Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (303) 443-7250; 248 pages, hardcover; \$39.95 plus \$3.50 shipping and handling.

"Rather than have this book thought of as the encyclopedia of the machine gun, I'd like it to be a first-aid manual of sorts, or a consumer guide to automatic weapons. Remember, if you have no valid information, a machine gun is the last thing you need." Chapter one, entitled, "So, you want to own a machine gun?", has a chart showing the states permitting the legal ownership of machine guns. Only six states have outlawed ownership. It's really a myth that machine guns are illegal in this country. Jim goes over some of the legal aspects of full auto ownership and then in chapter two, called "Learn, Shoot, Clean, Analyze," he stresses safety and proper maintenance. You'll learn the historical background and development of machine guns produced world-wide. Each weapon has useful information on how it shoots and exhaustive advice on ammunition. Contains over 269 photos.

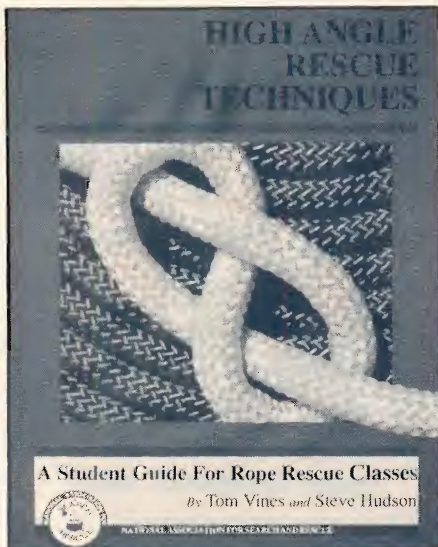


Payback! Advanced Backstabbing and Mudslinging Techniques, by George Hayduke. Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (303) 443-7250; 196 pages, hardcover; \$17.95 plus \$3.50 shipping.

The "Dirty Harry of Literati," a.k.a. George Hayduke, strikes again with another deadly shot of revenge. *Payback* is the latest addition to the Hayduke arsenal of devious ideas for getting back at life's bullies, bad guys and bureaucracies. If you've been badly burned by a bully, *Payback* offers vast opportunities for humor, excitement and adventure — not to mention the satisfaction of adhering to Hayduke's version of the Golden Rule: "Do unto others as they have done unto you." For entertainment purposes only.

Into the Primitive, Advanced Trapping Techniques, by Dale Martin. Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (303) 443-7250; 176 pages, softcover; \$15 plus \$3.50 shipping.

Learn to make traps for gathering food using only the materials available in the environment. Fish catching devices, log falls, trip lines and snares are thoroughly discussed. Other chapters include camp skills such as the making of a solar still, water purification, fire building and shelter construction. The most fascinating chapter details ideas for path guards, alarms and weapons. One setup shows how to rig bottle rockets to fire off when a body walks through a trip line. Other ideas are more dangerous in that they employ the use of shotgun shells. For information purposes only.



High Angle Rescue Techniques, A Student Guide for Rope Rescue Classes, by Tom Vines and Steve Hudson. National Association for Search and Rescue, NASAR Bookstore, P.O. Box 3709, Dept. ASG, Fairfax, VA 22038; (703) 352-1349; 250 pages, softcover; \$21.50 single copy; contact for wholesale prices.

This manual contains 250 pages of useful and practical information related to the latest techniques and equipment used in rope rescue. The book includes a discussion relative to the high angle environment itself, types and uses of high angle hardware, hauling systems and helicopter operations. It explains how to use specific types of knots and provides techniques used in belaying, ascending, rappelling and much more.



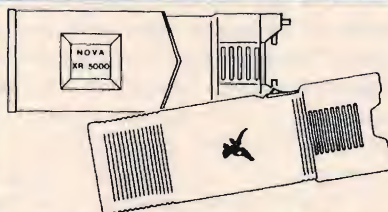
Street Lethal, Unarmed Urban Combat, by Sammy Franco. Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (303) 443-7250; 184 pages, soft-

(Continued on page 43)

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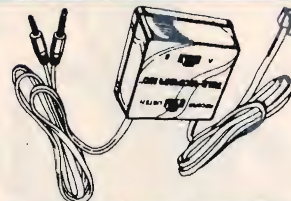
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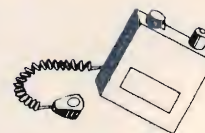
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Viking Raider

Blackjack Knives introduces its new Viking Raider axe. This striking, multi-function tool is unique to Blackjack's growing line of tactical and outdoor

cutlery. The designer, Mike Stewart, has engineered many features into the Viking Raider, enabling it to fill many roles as a sporting and survival tool. The axe edge is 7 inches long and is based on the 7th Century Norse design. The shape of the axe head is pointed at top and bottom, much like a Viking combat axe. The head itself is ground like a woodsman's competition speed axe. This grind is a partial hollow (concave) grind and a very pronounced convex razor sharp edge. Construction is all one piece of specially blended 400 series high carbon vanadium-chromium stainless steel. The comfortable handle is 90 durometer black Kraton rubber and it is injection molded directly to the fully encapsulated tang. The back of the axe has a handy gut hook/rope cutter which was designed to cut hemp or nylon rope in one swipe. As a field dressing tool the Viking Raider can make short work of most game. The shaft has finger grooves which allow a safe choke-up hold to use the razor sharp blade for finer chores where edge control is necessary. Holding the axe in this manner you can easily slice meat, hide or virtually any encountered cuttable material. There is also a notable relationship between the blade and the handle.

When holding the handle in a normal axe grip the blade is actually leaning forward to assist you in a deeper cut without having to expend maximum energy. Many axes and hatchets have too narrow or short of a cutting edge. The Viking Raider has a very broad "sweet spot" or maximum area of maximum chopping effect. The Viking Raider is 5 inches wide at its widest point. Overall length is about 16 inches. The blade is just over 3/16-inch thick. Weight is 25 ounces. It comes with a top quality, snap-closed black leather belt sheath with 2½-inch belt loop. With its special grind the axe cuts deeply or chops easily. Its weight and balance make it lightning quick to use and very effective for a wide variety of tasks such as building shelters, setting up camp, notching logs and tree limbs and dressing game. Suggested retail price is \$129.95. Ask your knife dealer about it or contact Blackjack Knives, Dept. ASG, 7210 Jordan Ave., #D-72, Canoga Park, CA 91303; (818) 902-9853.



Minelab GT 16000

The Minelab GT 16000 represents a new era in high performance metal detecting technology with diverse uses ranging from prospecting for gold and silver to detecting concealed weapons and bombs. This metal detector automatically balances to changes in ground mineralization without any loss of sensitivity. An audio booster increases the

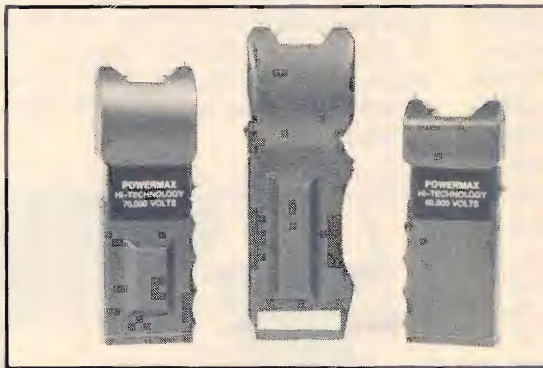
depth of signal penetration to a level heretofore unobtainable. Enhanced sound uses a voltage controlled oscillator to give varying sound to different targets. There is superb discrimination in all metal mode, silver and gold, or variable adjustment control with no loss of sensitivity. The search coil is a Double D configuration. An isolated battery compartment protects the elec-

tronics from battery leakage. The control box has a convertible hipmount belt and can be carried with a strap over the shoulder or on the shaft of the detector. Accepted by Headquarters Support Command, Royal Australian Air Force and NATO referenced for use in supply support squadrons. The R.A.A.F. uses this detector to clear bombing ranges of munitions and unexploded ordnance. Police departments in Australia and Arizona use the detector to locate concealed weapons hidden by prisoners. Commercial uses range from locating survey markers, telephone cables and pipe to providing a very effective portable security system. It is a source of income for people hunting for old coins and jewelry. Suggested retail price is \$995. Dealer inquiries are invited. Contact Pro-Mack Mining Supplies, Dept. ASG, 940 West Apache Trail, Apache Junction, AZ 85220; (800) 722-6463.



Outdoor Sports Watches

Intertyme Sport Watches introduces its line of watersports and outdoors watches. The line starts with the digital Mariner at just \$19.95. Top of the line is the dual action (analog and digital) Aquatic Sport Watch that retails for \$69.95. The line of 13 styles is divided between four sport watches which are waterproof to two atmospheres and nine dive watches which are waterproof to 150 feet. The line is designed for rough use on, in and near the water such as diving, jet skiing, hunting, fishing, boating, etc. The complete line is available exclusively from Intertyme Distributors in Redondo Beach, California. A free brochure and price list is available from Intertyme, Dept. ASG, Box 668, Redondo Beach, CA 90277; phone (213) 372-4848.



New Stun Guns

NITRO-PAK Survival Foods & Supplies has three new stun guns for personal protection. The stun gun is a safe, legal, non-lethal means of self protection. Since 67 percent of assaults and 75 percent rapes are committed by unarmed assailants, the stun gun can be the most effective alternative to a firearm in dealing with and surviving these attacks. For only \$45.95, NITRO-PAK has the 65,000-volt model which gives you the power to subdue any attacker instantly, even through several layers of clothing. The unit is compact and easy to carry in a purse, jacket or glove box. Powered by any 9-volt battery. One year warranty. Black color. The second model has 70,000 volts of stopping power plus a blinding strobe light. The high-inten-



sity flash strobe gives you the ability to temporarily blind the assailant plus the shocking force of 70,000 volts of electricity. This is also powered by any 9-volt battery, is black in color and only slightly larger than the 60,000-volt model. Price is \$58.95. The third model is the 120,000-volt Paralyzer. The top-of-the-line professional model. Used by law enforcement. No one messes with this awesome unit. The sound of its brilliant 120,000 volts of raw power leaves no doubt you mean business! Uses two 9-volt batteries. Five-year manufacturer's warranty. Black color. Price is \$138.95. For more information or ordering contact NITRO-PAK Survival Foods & Supplies, Dept. ASG, 13243 E. Rosecrans Ave., Santa Fe Springs, CA 90670 (213) 802-0099.

NEW PRODUCTS



Expedition Boots & Clothing System

Following more than 30 years of field and laboratory testing, the Northern Outfitters revolutionary new Expedition Series Boots and Clothing System is getting an enthusiastic "thumbs up" from cold weather experts around the world. "We know from what others say and from our own personal experience that they'll keep you warm, dry and comfortable even at temperatures averaging minus 60 degrees Fahrenheit," said Jim Phillips, chairman of the Utah-based research and development firm. Cold weather specialists of the U.S. Navy, Army and Air Force have tested the clothing and given it high marks. Constructed of polyurethane foam, Cordura nylon and other high-tech material, the clothing system and boots are lightweight and rugged and designed to last many years. They are machine washable for easy care. Northern Outfitters, a division of Phillips Industries, manufactures and markets the Expedition Series Boots and Clothing system as well as a sleeping system and other accessories for cold weather uses. The clothing system has a suggested retail price of \$620 and is ideal for moderate to extreme cold weather conditions. Contact Northern Outfitters, Dept. ASG, 1083 North State, Orem, UT 84057; (800) 333-4299 or (801) 224-5342.



Military Rappelling Rope

Genuine 1989 military specification rappelling rope, brand new, top quality, green, pre-cut in standard 120-foot lengths, this 7/16-inch nylon rope with UIAA approval is perfect for use by paramedics, police, fire personnel, climbers, campers, survivalists and others who have need of the best quality line available. Olive drab color. Now available at the special price of only \$29.95 plus \$4.50 S&H per 120-foot unit from SI, Dept. ASG, 15600 S. Figueroa St., Gardena, CA 90248; (800) 533-7415 or outside California call (213) 324-8855 or 8859.



10/22 Zytel Folding Stock

Made of super tough military quality Dupont Zytel-ST801 plastic and steel, this folding stock with unique camouflage pattern will give your Ruger 10/22 rifle a new character. The



Potassium Iodide

Here is a reasonable price for the all-important potassium iodide tablets written about in *Nuclear War Survival Skills*. These important tablets are available to the military and top government employees but have not been readily available at reasonable prices to the public. Their use protects the thyroid gland from absorption of deadly radioactive iodine in fallout. SI has found a new source with reasonable prices and is passing along the savings to its customers. As a special to ASG readers a five bottle set (70 tablets), a five-person supply, costs \$13.50 postpaid. Order form SI, Dept. ASG, 15600 S. Figueroa St., Gardena, CA 90248; (800) 533-7415 or outside California call (213) 324-8855 or 8859.

stock is 1 inch longer overall than the standard Ruger 10/22 wood stock. This Choate Tool Corp. stock, item number 7102 available from L.L. Baston Company, comes with a matching handguard and carries a lifetime guarantee: if it ever breaks, return it for a new one at no charge. The stock uses the same high quality mechanism as the assault rifle and shotgun folding stocks sold for years by L.L. Baston. It's lightweight and easy to handle for hunting, plinking or survival purposes. L.L. Baston also has a Zytel fixed stock with pistol grip and matching handguard and both styles are available with and without camo finish. Contact L.L. Baston Company, Dept. ASG, P.O. Box 1995, El Dorado, AR 71730; Order toll free at (800) 643-1564.



Carbon Monoxide Detector

These excellent Danish-made devices

have been around for years but were not widely available in this country until recently. The detector is a small plastic card with an orange colored circle in the center which turns gray to black in the presence of unhealthy levels of deadly carbon monoxide. As little as 20 parts per million of CO in air causes the orange spot to begin its color change. When air freshens the spot returns to its normal color. The device, which comes with complete instructions and adhesive backing, is reusable for up to two months after opening. Stores unopened in its plastic wrapping for three years at least. It can be carried anywhere or mounted with its adhesive backing on walls, etc., for continuous monitoring for CO. About 1,500 people are killed and another 10,000 hospitalized each year due to CO poisoning. CO is a colorless,

odorless, tasteless gas produced wherever fossil fuels are burned. Flu-like symptoms such as headache, nausea, dizziness, blurred vision can result from exposure to lower levels of CO. Many fatal heart attacks are linked to high background levels of CO. CO is produced by the incomplete burning of fuels such as gasoline, propane, wood, coal, oil, kerosene in home appliances (heaters, grills, stoves), fireplaces, old furnaces, or internal combustion in car, truck, RV, boat and aircraft engines. These devices are approved for use aboard aircraft by the U.S. Federal Aviation Administration. Three-pack for \$14.50 postpaid from SI Outdoor Food & Equipment, Dept. ASG, 15600 S. Figueroa St., Gardena, CA 90248; (800) 533-7415 outside California. In California call (213) 324-8855 or 8859.



Auto Emergency Kit

This handy auto kit was designed to save lives in case your family gets stuck in a snowstorm or the desert. Easy to carry, waterproof and very strong, it is a great emergency kit for any time or place. It is intended to provide enough equipment, food and water to last a family of four at least 24 hours. It includes four 24-hour warm packs, two mylar emergency blankets, one hand-generated flashlight, one 50-hour candle, two 12-hour cyalume light sticks, one box of waterproof matches, two wax candles, two pounds of high carbohydrate candy, eight 4-ounce retort water pouches, one

essential first aid kit, and instructions for surviving cold or heat. It is \$33 plus \$3.75 S&H or three for \$100 postpaid. Order from SI, Dept. ASG, 15600 S. Figueroa St., Gardena, CA 90248; (800) 533-7415 or outside California (213) 324-8855 or 8859.

New Gun Parts Store

Gun Parts Corp. (formerly Numrich Arms) of West Hurley, New York, has just completed their new general office complex and fully stocked retail store. This is the third expansion of the firm in the last two years, bringing the total warehouse, office and retail store space to over 120,000 square feet. The Gun Parts Corp. is the world's largest supplier of gun parts. Their 500-page mail order catalog is a must for anyone with the least bit of interest in firearms. They stock a vast array of parts of a huge number of guns, many of them no longer being produced or sold. If you are in the West Hurley area, pay a visit to the retail store. And send for the new 14th Edition of *The World Guide To Gun Parts*. For more information contact Gun Parts Corp., Dept. ASG, West Hurley, NY 12491; or call (914) 679-2417; FAX number is (914) 679-5849. ●



Making A Bow and Arrow

By Scott Stoddard

HUNTING with a bow and arrow requires extreme patience, a huge amount of luck and the best equipment available. The skills of archery, stalking, camouflage, and a knowledge of animal behavior are all necessary to take larger game. Yet even with today's modern compound bows and razor-sharp broadheads, a deer that is shot in the vitals is not going to instantly collapse into a heap. A wounded deer can cover an awful amount of terrain before finally succumbing. Tracking is an important skill you'll probably need before bringing home some venison.

The odds are so stacked against the survivalist using a bow for large game, that it might seem foolish to even attempt making one. There's a big investment in time before the tangible (edible) results come. A good bow will require at least two days to fabricate — many more days may be involved if the wood is green and in need of proper seasoning. However, the skill and knowledge of bow construction is still valuable, for once it is made it can bring small game instantly without the waiting and luck involved when using snares.

Bow Construction — Finding a suitable sapling or tree limb is half the battle when attempting to fashion a bow. The wood should be at least six feet long and no larger than an inch in diameter. Some have stated that the best woods for bow making are the ash, service berry, chokecherry or mountain mahogany. Even if you have these trees in your area you will need to carefully pick a sapling that is free from knots and small branches. Dead wood can be used if it isn't too weathered, but a live tree might prove better if it is carefully cured to insure against splitting and cracks.

The bow wood needs to be fairly stiff but not brittle. The other extreme is finding wood that is very easy to bend. This wood will not have the springiness necessary to propel an arrow any great distance. My first attempt at bow construction failed because I made the

Use nature's materials to fashion a workable weapon and hunting tool. . .



The finished longbow is six feet long. A longer arrow could be used for a better draw on the bow.



Select three or four saplings for bow staves. You might have to start over if the first attempt fails.



With green wood, carefully remove the bark and then store in a dry, dark area for curing.



The tips of the bow should be bound with sinew and then covered with hot pitch to prevent splitting.



For tapering the bow staff, scrape with a sharp piece of obsidian or glass, or use an old knife blade. Use long scraping strokes and avoid the temptation to whittle.

bow too short. The wood was somewhat brittle and when stringing the 44-inch staff I cracked it in half.

The bow will be naturally thicker on one end than the other. You can taper the bow diameter from the center down to the tips by using a piece of obsidian or an old knife blade. Avoid the temptation to whittle away chips of wood. Hold the sharp edge of your scraping tool at a 90 degree angle to the bow and *scrape* the wood away in long even strokes. Whittling will cause too much wood to come off too soon resulting in the possibility of weak spots.

The ends can be notched to accept the bow string or left rounded and smoothed. To prevent cracking and splitting at the ends, it is a good idea to bind the tips with sinew string. Applying pine pitch that has been boiled in a can will also protect the tips from moisture and cracking. One way to preserve the wood is to rub animal fat into the bow until it is saturated.

My second attempt at bow making was with the same kind of sapling (always pick out three or four staves) but this time I decided to keep it fairly long like the English longbow. Longbows are generally cut to the length of the archer's height. Once the shaping was completed and the tips reinforced with sinew, we tried to string the bow. This time it didn't break.

Making Arrows — Arrow shafts can be made from cattails, reeds, bamboo or willows. Try to start out with the straightest shafts. If you do need to do some straitening, hold the arrow shaft over a fire of hot coals until the wood is heated. Then bend the arrow over a rock or your knee and hold in position until the wood cools.

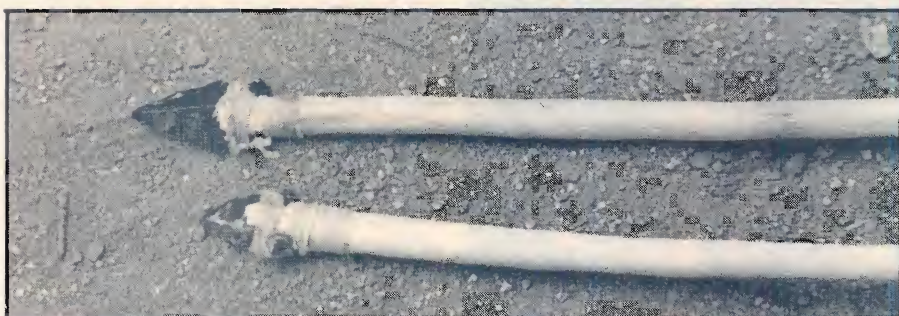
Arrowheads are made from obsidian. Cut a notch in the shaft and fit the obsidian point in the notch so that it can be tied with wet sinew strands. If obsidian isn't obtainable, simply sharpen the end of the wooden shaft and harden it in the fire. Cut out a notch in the rear of the arrow shaft for the string and reinforce the nock with sinew.

By attaching feathers to the arrow (**fletching**) the arrow will be more accurate. This can be done with sinew or by making animal glue by boiling down hooves or fish skins. To attach the feathers with sinew first split the

Making a Bow and Arrow



This longbow had a thirty pound draw weight using a bowstring made from twisted sinew. The bow could propel an arrow a good 50 yards.



Arrows are tipped with obsidian after cutting notches in the shaft. Wrap the arrowheads with wet sinew and let dry.



Trim the feathers for an authentic look.



quills down the middle with a razor knife and then scrape away any excess spine. Also remove about a half-inch of feather web on each end of the quill for tying. Position the feathers in relation to the nock in the arrow shaft so that the feathers won't hit the bow and get ruined. With wetted sinew, wrap the quill on both ends and hold until dry. Rubber bands or strips of cloth can be used to hold the sinew in place while it dries.

With a working bow and arrow completed, we tested the draw weight and estimated it to be about 30 pounds of pull. While practicing a bit in the office using a cardboard box as a target, we found that the arrow penetrated quite deeply. One missed shot actually went into some wood paneling about $\frac{1}{4}$ of an inch before breaking off the obsidian tip. The tip had to be pried out with a knife blade. When firing outside, the arrow managed to fly a good fifty yards and was quite accurate at short range.

The bow is still a formidable weapon. The accuracy, rapidity of fire, reliability and range the bow affords is second only to modern firearms. The bow is a silent weapon that can strike fear in the hearts of opponents. Arrows traveling around 200-300 feet per second can be seen in flight but not avoided. The psychological effect this creates is very great.

A man with an arrow in him, even though the wound may not be fatal, is temporarily out of action until the arrow can be extracted. When the arrowhead is bound to the shaft with sinew, the body heat will melt the fastening, leaving the detached arrowhead in the wound. Because the arrow offers such a large germ-bearing area in the point, shaft and feathers, arrow wounds are very prone to infection. The process of arrow removal is a surgical procedure that creates even more shock in the victim. ●

Fletching will make arrows more accurate. Tie the feathers on with wet sinew strands or make a glue by boiling hooves or fish skins.



The American Family That Lives Here Doesn't Need To Own Firearms

The residents of the White House are one of the few American families that don't really need to own firearms for their own protection. They have the best personal protection a nation can buy . . . round the clock Secret Service guards.

Some governors and other high government officials at federal, state and local levels are similarly shielded at taxpayer expense. And a few people are wealthy enough to provide for their own bodyguards.

Every other family and household is on its own. Of course there are dedicated law enforcement agencies but they are vastly outnumbered by the criminals. Criminologists estimate that the average policeman faces odds of 160 to 1.

Police spend most of their time coming to the aid of citizens after a crime has been committed, not in preventing crimes. Whenever a policeman is aiding one victim, 159 other citizens are at risk. And when earthquakes, floods, power outages and other disasters occur, the drain on police resources increases . . . 911 response time stretches out.

The American people know that when the unexpected happens, they must provide for their own defense. That is why half of all households legally own firearms. Many of these are semi-automatic firearms which would be taken from law-abiding citizens under the guise of current crime control proposals.

Such efforts are misguided. Criminals break gun laws just as they break other laws. Only the law-abiding would be disarmed by such regulations. And, to make matters worse, police forces already spread too thin would be diverted to enforcing costly and time-consuming laws against law-abiding citizens.

If you think you have the right to defend yourself and your family, use the coupon at lower left to let President Bush know that you reject misguided efforts to disarm law-abiding citizens of commonly owned semi-automatic rifles, shotguns and handguns.

If you believe others should be exposed to this message, or if you wish to get more facts on this issue from the Second Amendment Foundation, use the coupon at lower right.

Dear President Bush:

As you said in your campaign, we need to put criminals in jail and let law-abiding citizens keep firearms for their own protection. Don't let Congress turn law-abiding citizens into criminals with misguided new gun laws.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Return to: **Second Amendment Foundation**
12500 NE Tenth Place
Bellevue, WA 98005

Second Amendment Foundation: 12500 NE Tenth Place, Bellevue, WA 98005

☐ Please send more facts on the semi-automatic firearms issue.

☐ Please run this ad in other publications so others get facts on this self-defense issue.

☐ \$15 ☐ \$25 ☐ \$50 ☐ \$100 ☐ other

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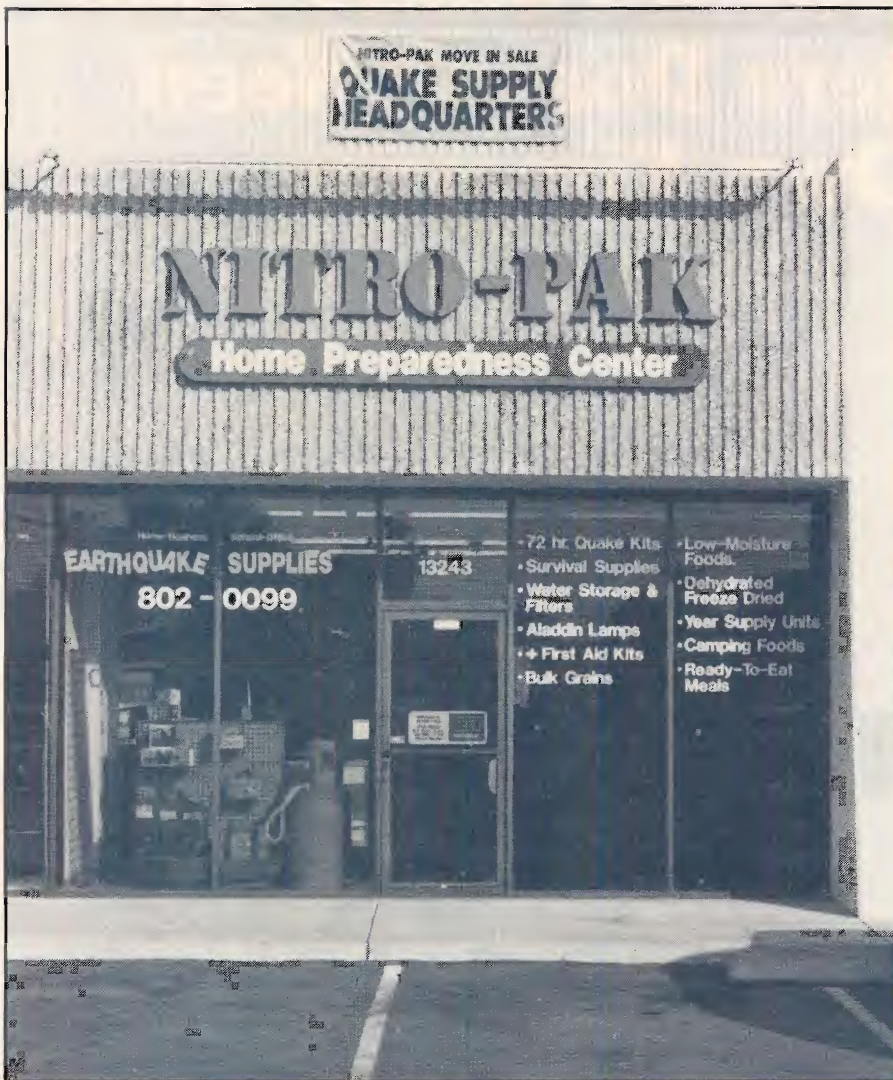
Your contribution to SAF is tax deductible.

Emergency Supplies:

NITRO-PAK's

New Store

A new retail preparedness center has opened that stresses customer service. . .



By Scott Stoddard

NITRO-PAK Survival Foods and Supplies has recently opened up a retail home preparedness center in Santa Fe Springs, California. For over five years they have been satisfying the needs of their customers through a thriving mail order business — NITRO-PAK has grown to become one

of the nation's largest dealers in home preparedness supplies.

In the past six months they have vastly expanded their company by purchasing Survivalist Clearinghouse as well as opening a new retail preparedness store and mail order fulfillment house. The new retail outlet is located in the heart of Southern California, on the Los Angeles — Orange County borderline.

True service is hard to come by these days. In many stores you have to literally hunt down an employee to get help, and then when you find them they usually can't answer the question anyway or they have to find the person responsible for that department. Not so with NITRO-PAK. NITRO-PAK stresses customer service. Their staff is courteous, friendly and knowledgeable. They are always willing to answer questions and make recommendations to their clients. The company owner, Harry Weyandt, will personally talk to anyone who calls, be it a simple question, compliment or complaint.

With their new state-of-the-art computerized ordering system, customers are insured fast shipments worldwide.

(Continued on page 22)

Tom Whicker, Operations Manager, receives an order. Computers are used to track inventory and process customer orders.



Professional Locksmithing Tools

LOCKAID

Specifically designed to pick tumbler locks. Designed over thirty years ago to aid law enforcement agencies. Consists of tension wrench, three needles and Lockaid "Gun." Prices include a copy of the book "Lock Picking Simplified."

Lockaid \$69.95



PIX MODEL 13

This deluxe yet compact kit features 11 of the most commonly used tools. Comes in a slim cowhide leather case for discreet undercover operatives. As a special bonus, a 5 piece set of warder picks is included. A 16 piece set total. Also included, a copy of "Lockpicking Simplified." Receive all this at a Low price of:

Pix 13 \$42.95



PIX-QUICK MODEL A

These high quality picks feature new lighter non-breakable plastic color coded handles. Picks are of .022 blue spring steel... hardened to perfection. Eight piece set comes with handy see-through case with two extra pockets and a copy of "Lockpicking Simplified."

Model A \$22.95



PIX-QUICK MODEL B

Same color coded set as Model A. Only with deluxe 13 pieces. Price includes tension wrench and book.

Model B \$29.95

PIX-EZ All-In-One Pick-Set

100% American Made! As convenient to carry and use as a pocket knife! Only 4 inches long, half inch square, weighs under five ounces, works fast and opens pin and wafer tumbler locks quickly, with very little effort. Six tempered spring steel picks, tension wrench.

\$34.95



WKS PICKS

Made of the finest blue tempered spring steel this 5 piece padlock pick-set is a must in every locksmith's tool box. This set will pick open most every warder padlock made today.

\$9.95



Lockpicking Simplified	\$7.00
Complete Guide to Lockpicking	\$12.00
Improvised Lock Picks	\$9.95
Tubular Locks	\$8.95
Lockout and forced entry	\$8.95

Safe & Vault manipulation	\$9.95
How to Pick Pins & Wafers	\$9.95
Combination Locks	\$7.00
Keys by Impressioning	\$7.00
Key Casting Manual	\$8.95

NEW ITEMS



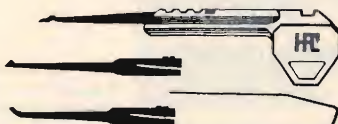
ESP-13

This handy new pick set is the most popular set among professional locksmiths today. This kit consists of 12 different tools housed in a handsome black leather case designed for a shirt pocket. Included in the price, you receive a 5 piece warder key set and a copy of "Lockpicking Simplified." 17 piece set total.

ESP-13 \$45.95



KEY RING PICK SET

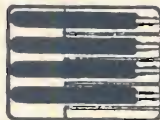


This unique design is ideal when low profile is required or to keep on your keyring for emergencies. Contains a tension wrench, three picks and the "Key Pick." Key Ring Pick Set \$27.95

DOUBLE SIDED DISK TUMBLER PICKS

Set of 4 picks designed to be used on the most popular double-sided disc tumbler, showcase, cam and padlocks.

\$27.95



\$69.95

MINI PICK TUBULAR

The most effective tubular pick on the market, unlike the larger picks with long handles or screwdriver handles. The longer the tool, the more pressure needed which causes easy breakage. The advantage of the Mini Pick is it is so short, you only use your thumb and index finger. With a little practice this tool will open a tubular lock in less than a minute. A. Your Choice: (1) Center (2) Offset left (3) Offset right; B. "Segal" 8 pin tubular; C. 5-pin Tubular; D. 6-pin Tubular; E. 8-Pin Ace.

SESAMEE DECODER

This tool was designed to decode the exact combination of a sesamee padlock without damaging the lock. Detailed instruction included.



\$17.95

SCHLAGE WAFER

The most fantastic tool you will ever use. This set consists of two base keys and pick. Complete instructions included.

\$27.95



MD16

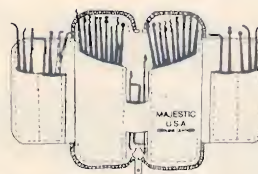
Shirt Pocket Size, Top Grain Cowhide Leather, Zippered Case, has 16 Picks, Tension Wrenches and Broken Key Extractor.

\$59.95

MD32

Hip Pocket Size, Top Grain Cowhide Leather, Zippered Case, has 32 picks, Tension Wrenches, Broken Key Extractor.

\$69.95



MD60

Top Grain Cowhide Leather, Zippered Case, has 60 picks, Tension Wrenches, Broken Key Extractor and Warded Master Keys.

\$89.95

Orders over \$100
Free Shipping
Catalog \$2.00
Free with order.
Sorry, no credit card orders



The law requires all purchases be made in good faith, without make believe or fraud by genuine persons within this industry

Send to
Steve Arnolds
Gun Room
P.H. \$3.00
Overseas \$6.00
Must be 18 years
of age

P.O. Box 68, Dept. SG-01 Dexter, OR 97431 (503) 726-6360

NITRO-PAK's New Store

(Continued from page 20)



The warehouse and shipping department.



Storage foods are packed in double enameled metal cans with an inert atmosphere of nitrogen. This offers the longest and most secure storage for food.



A complete library of books and videos dealing with survival and emergency preparedness is offered at NITRO-PAK.



NITRO-PAK stocks a variety of emergency supplies such as kerosene lamps, water filters, first aid kits and 72 hour emergency kits.

When ordering, customer service reps can instantly call up on the computer screen the status of any item in their inventory and inform the customer concerning product availability.

All of the many survival products offered from NITRO-PAK have been thoroughly tested and retested to insure 100 percent customer satisfaction the first time. They also go the second mile by backing every purchase with their industry leading 90 day money back guarantee.

Home preparedness is based on storing sufficient supplies of food, water, and survival equipment as insurance against economic collapse, natural disaster or accident. NITRO-PAK began as a company specializing in nitrogen-packed dehydrated food and complete year supply units. They now offer one of the widest selections of storage foods available including MREs (ready-to-eat meals) and freeze dried meats. Emergency supplies range from water storage containers, water filters, kerosene lamps, 72 hour emergency kits, first aid supplies, radiation equipment, stun guns and camping gear.

They have a complete selection of useful books dealing with survival and storage ideas. How-to videos are also available covering vital survival subjects such as nuclear survival, earthquakes, emergency heating and lighting, personal emergencies, and 72 hour kits.

NITRO-PAK specializes in emergency preparations not only for the home, but also for businesses, schools and community relief organizations. They offer a vast array of quality ready assembled kits and units.

With the frequency of natural and man-made disasters increasing, it makes common sense to begin now to prepare for those "rainy days" ahead. If you happen to live in the Southern California area, plan a visit to NITRO-PAK. Store hours are: Monday through Friday, 9am to 5pm; Saturday, 9am to 2pm; closed Sundays.

If you don't live in the area contact NITRO-PAK for their information-packed catalog. By sending \$2 you will receive a quarterly client update subscription along with the catalog so you can be advised of new products and special prices. NITRO-PAK Home Preparedness Center, 13243 E. Rosecrans Ave, Santa Fe Springs, CA 90670 or call (213) 802-0099. ●

NEW CONCEPT!

CONCEALED CARRY without a jacket!

Now available with a knife
sheath or a pager case.



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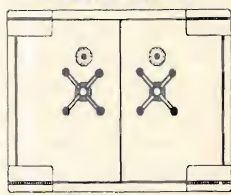
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Patriot Distribution Company:

Calico M-900 Carbine

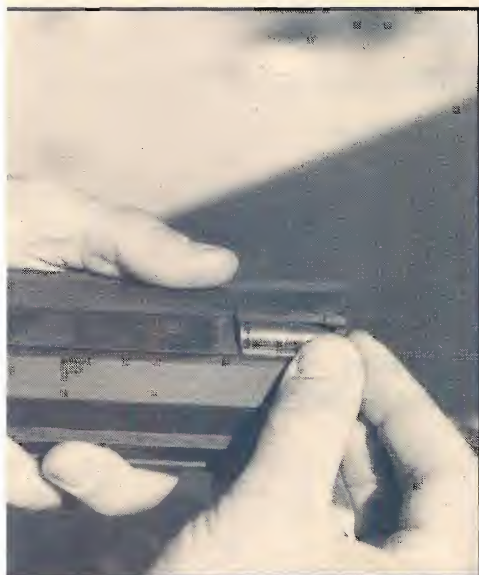
Revolutionary 50- and 100-round semiautomatic firearm...

By Jim Benson



The gun comes with a standard 50-round magazine, left. The optional 100-round magazine is about \$60.

The M-900 is light, compact and rugged.



After loading rounds one at a time into the magazine, you must turn the winding lever the appropriate number of times for proper spring tension.



WHEN we first examined and fired a prototype of the M-900 semiautomatic carbine two years ago we were impressed with its innovative helical-feed cylindrical magazine which gives the gun both a high capacity of ammunition per magazine and a low profile.

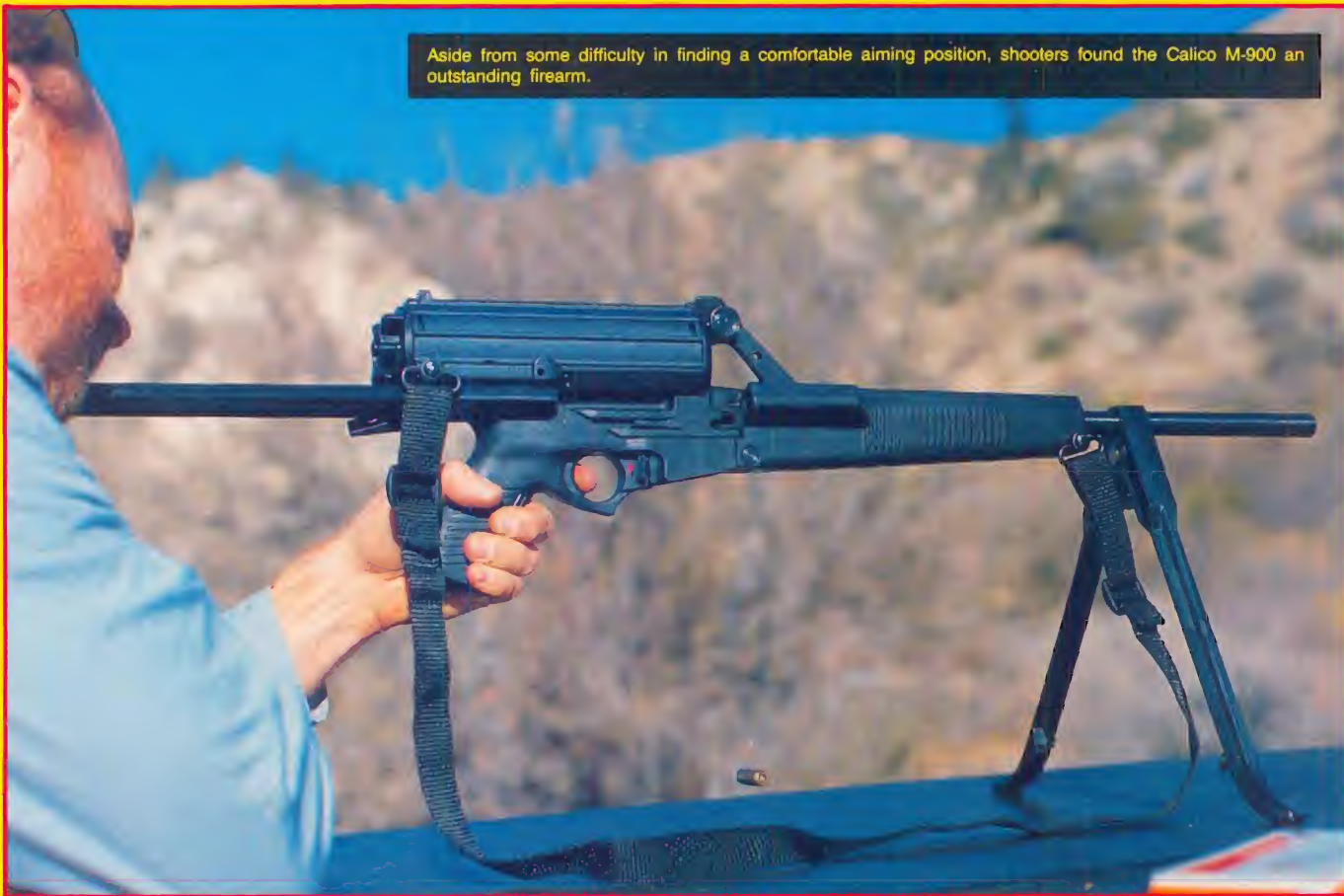
I have to admit I was somewhat skeptical about how well the gun would turn out when, upon test firing the prototype, we encountered several jams. The double clutch release helical feed magazines were shown disassembled and explained to me but I wondered how well the production models would actually feed ammunition.

My misgivings were eliminated when the staff of ASG recently had the opportunity to try out an actual production model of the M-900 and it functioned flawlessly as long as there was proper tension on the magazine spring.

Additionally, we found the production M-900 to be highly accurate. This plus the light weight and compactness and the NATO standardized caliber make the M-900, and its sibling, the M-950 pistol, which uses the same magazines and retarded blowback CETME-type action, very attractive firearms.

We obtained our test M-900 from Patriot Distribution Company of Milwaukee, Wisconsin. They included with the gun shipped to us a letter from the firearms training unit of the City of New Berlin, Wisconsin, which lauded the M-900 as "an excellent value." New Berlin Police Lt. Michael Neuens stated in the letter, "I would recommend it for law enforcement use." He noted that in test firing the M-900 — the same gun we tested — several types of 9 mm ammunition were used, including the potent Winchester Silvertips, and the weapon functioned perfectly, "was simple to operate, fired easily and accurately, and was lightweight (7.2

Aside from some difficulty in finding a comfortable aiming position, shooters found the Calico M-900 an outstanding firearm.



Best accuracy was obtained with Winchester Silvertips, shown here on a target fired at from 50 yards using a Ram-Line bipod.

lbs. with a full 100-round magazine attached). We were impressed with the delayed blowback type bolt and the Helical Feed magazine system." The gun is intended to do anything an AR-15 will do out to about 75 yards and offers the advantages of pistol and sub-machine gun caliber 9 mm ammunition with less penetration than the high velocity .223 (5.56 NATO) caliber AR-15 round.

The basic M-900 is indeed simple to operate and maintain. It field strips in seconds without tools for inspection and cleaning. Reassembly is just as fast. It is designed so that all levers and operation of the gun, including changing magazines, can be accomplished with one hand while the other remains on the pistol grip for safety and quick action.

A number of accessories are available for the Calico guns, including muzzle compensators, a scope mount and a brass catcher. Patriot Distribution Company is providing a free \$20 brass catcher with each gun ordered.

The M-900 is shipped with sling, owners manual and 50-round magazine. The 100-round magazines are optional and have retail price of \$59.40 each. Extra 50-round magazines are \$49.50 each retail.

We test fired the M-900 with Win-

chester Silvertips, Remington jacketed hollow points and Federal (American Eagle) full metal jacketed 115-grain 9 millimeter ammunition.

We decided, due to time constraints and for simplicity, to stick with the standard 50-round magazine while test firing. We did load some rounds into the 100-round magazine supplied with the gun but found it more difficult than with the 50-round magazine to get the proper tension on the spring in the magazine which feeds the ammunition into the gun. The manual states that it's important to flip out the winding lever at the rear of the magazines and wind it clockwise 10 complete turns for the 50-round magazine and 23 complete turns for the 100-round magazine. We had no problem loading 15, 25 and 35 rounds in the 50-round magazine and turning the winder proportionately less turns accordingly. For certainty of operation, it's probably best to fully load each magazine and turn the winding lever the appropriate number of 10 or 23 full turns.

Using a truck bed cover and Ram-Line folding bipod as rests, we test fired the M-900 at targets placed 50 yards away.

There were some shots that hit wide

(Continued on page 66)

Cold and Wet VS. Cold and Dry

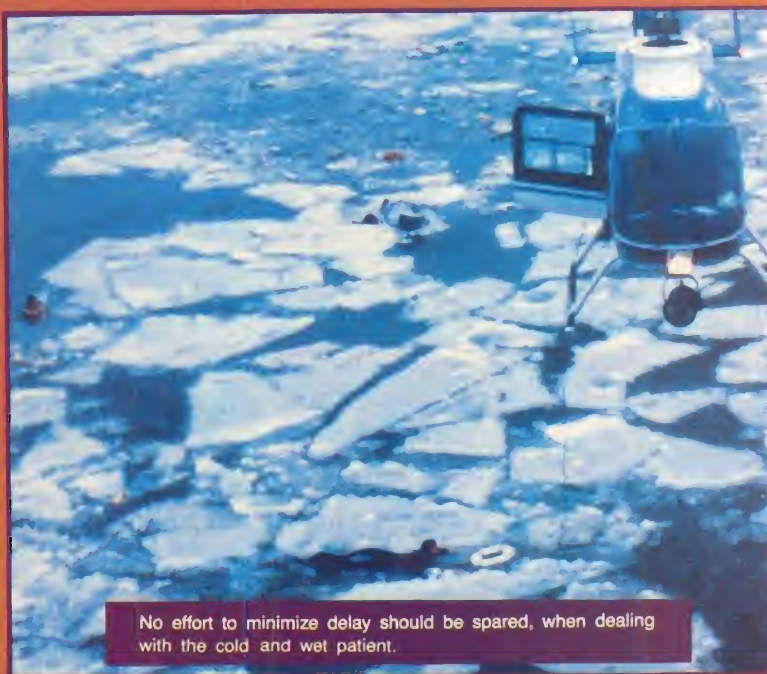
Temperature
Loss:

If you get wet, take your clothes off. . .

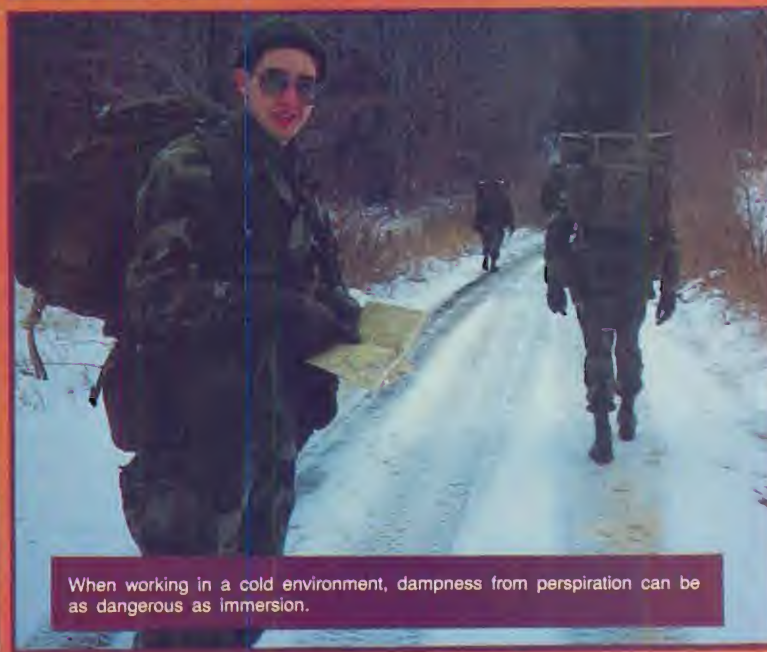
The author is a former career firefighter/paramedic from West Virginia and remains a West Virginia certified paramedic. He is currently assistant medical officer for the 2nd Battalion, 19th Special Forces Group (Airborne), West Virginia National Guard — The editors.



Survival in extreme cold is little more than an inconvenience, for those who are knowledgeable and dry.



No effort to minimize delay should be spared, when dealing with the cold and wet patient.



When working in a cold environment, dampness from perspiration can be as dangerous as immersion.

THE instructor in the survival class was standing outside a lean-to shelter constructed of parachute nylon. As the sun beat down on his students, it was difficult for them to imagine the frozen environment which he was describing.

"If you are on an aircraft which crashes, or you are forced to bail out of a disabled aircraft and you live through the experience only to find yourself in an arctic wasteland, you will need what I am about to give you," he said. This caught everybody's attention. A survival tool (toy) was going to be issued. Wrong again! It was just another way of getting the troops to wake up for a few more minutes.

Years later, very few of those in attendance will remember every detail of the class. Very few, however, will forget the incredulous reactions when this expert said, "If you get wet: take your clothes off. Quite simply, if you fall into water, get into some kind of shelter, and get your clothes off as quickly as possible. It is better to be cold and dry than cold and wet." The idea, of course, is to allow the water in and on your clothes to freeze solid, then break the ice away leaving dry clothes. Still, cold is cold.

Heat is a form of energy. It is actually the common term for the kinetic energy (energy of motion) of the molecules of a substance. Temperature is the measurement of that stored energy. The greater the molecular motion of an object, the greater the amount of kinetic energy or heat the object possesses, and the higher its temperature is said to be. All matter possesses heat. The human body must maintain a certain amount of heat energy (temperature) to function.

The temperature of a healthy adult is considered to be 98.6 degrees Fahrenheit (F) and 99 degrees F if moderately active. A temperature of 105 degrees F or higher is considered to be hyperthermia, while a temperature of 95 degrees F or less is generally considered hypothermia. Once these limits are exceeded by only a few degrees, the body is seldom able to return itself to a normothermic condition and if external assistance is not forthcoming, the situation will worsen rapidly and can result in death.

The body maintains its temperature through a series of actions. If special heat sensing organs note a rise in body temperature, they send nerve im-

pulses to the temperature control center located in the hypothalamus. The hypothalamus reacts by triggering the dilation of cutaneous (skin) blood vessels, thus shunting blood from the deeper organs to the skin where it can be cooled. Sweat glands are stimulated, causing them to increase secretions. Voluntary muscles relax. This discourages heat production. Metabolism is also decreased in an attempt to limit thermogenesis (heat production) by that means.

When other sensing organs, (end bulbs of Krause) located at about 150,000 points near the skin surface, note that ambient temperature is substantially lower than normal body temperature, they too advise the temperature control center of the hypothalamus of the situation. In an infant these exteroceptors are concentrated in the skin of the face and neck. Oddly, the face, hands and legs are the areas of the adult where this heat sensing is less developed. Upon receiving these impulses, the hypothalamus triggers the release of norepinephrine from the adrenal medulla. This results in peripheral vasoconstriction (narrowing of the blood vessels), thus shifting the majority of blood to the deeper tissues and away from the skin. Action of the sweat glands is diminished. The metabolic rate is increased. The skeletal muscles are stimulated, resulting in

shivering. Almost instinctively, the arms are crossed in front of the chest. Reflexively, the body hair is held erect, thus trapping air between the hair and skin. To understand how these actions actually regulate body temperature, it is helpful to understand some basic concepts of thermodynamics.

The first law of thermodynamics states that the energy gained by a system, minus the energy lost from the system is equal to the change in energy stored by that system. The state where no energy is exchanged between two systems in direct communication or contact with each other is known as thermal equilibrium. For an adult, unclothed male, thermal equilibrium is attained in a room maintained at about 86 degrees F. The metabolism required to sustain life produces sufficient heat to maintain a normal body temperature without requiring any additional actions to produce or dissipate heat. This is of course assuming limited motion by the man and of the air surrounding him.

For a clothed, average adult in good health the optimum environmental temperature is considered by most to be about 72 degrees F with a humidity of about 50 percent. Based on the first law, if a person's body temperature is too high, energy (heat) must be removed. If a person's body temperature falls below normal, energy (heat) must be added in order for the net stored



Even though the air temperature is in the 80s, the water temperature of 55 degrees forces divers to use full exposure protection.

Cold and Wet vs. Cold and Dry

energy (body temperature) to return to normal.

The second law of thermodynamics states that heat will flow, on its own, only from a hot object to a cold one. It should be remembered: "hot" and "cold" are relative terms. In a boiler, for example, water under extreme pressure, at a temperature of several hundred degrees actually serves as a cooling medium to the boiler's tubes through which it is flowing. Stop the flow and the tubes will become hotter and hotter until failure occurs. This water, though having a temperature of several hundred degrees, is still cooler than the metal tubes. Based on the second law, the thermal energy will flow from the boiler tubes to the "cool" water. By applying this principle, a patient's body temperature can be returned to normal, even though his thermoregulatory apparatus has failed, by adjusting the temperature of his immediate environment.

There are three ways of transferring heat. The first is radiation. All objects radiate heat. This is the principle on which passive infrared night observation devices are based. Though heat loss from the body by this means is rather inefficient, it does occur.

The second type of heat transfer is convection. Molecules of air in contact with the body's surface become heated by the body. Their molecular motion increases and they move away from the body. Cooler molecules then assume these molecules' former position until they too become heated sufficiently to move away from the body. This is one of the reasons sitting in front of a fan

or in an air conditioned room helps to lower a person's temperature.

The third means of heat transfer is conduction, direct contact that allows heat to flow from the warmer body to the cooler one. Perspiration on the skin's surface absorbs sufficient heat directly from the skin for the water portion to change state from a liquid to a gas. The absorption of this heat is actually the cooling mechanism. For this to function efficiently, the humidity of the air in contact with the body must be below 75 percent.

This is the other reason for the effectiveness of a fan or air conditioning in lowering the body temperature. In the case of the fan, air is circulated against the skin so heat can be removed, but the convection process is assisted by the forced movement of cold air rather than the flowing in to fill the void created by the movement of now warm air away from the body. The air conditioner, in addition to circulating cool air to contact the body also dehumidifies the air, thus creating a lower relative humidity in that air and providing a greater capacity for the moisture that evaporates from the skin.

Keeping in mind the second law of thermodynamics, it is easy to see why evaporation of perspiration is the only effective cooling mechanism in use when ambient temperature exceeds body temperature.

Conduction is the most effective means of heat transfer. If you hold a steel rod in a fire, it will not take long for the rod to become too hot to hold. The radiated heat can be felt on exposed sur-

faces. The heated air moving up and away from the fire obviously feels warm. The rod, heated by direct contact, conducts that energy so efficiently that it becomes unbearable quite rapidly.

The heat capacity of water has been determined experimentally to be 10 times greater, pound for pound, than that of steel. It is for this reason that a person can become hypothermic on a hot summer day, simply by being immersed for three hours, or less, in water 70 degrees F, based on tests performed by the military. The Professional Association of Diving Instructors (PADI), advises divers to wear wet suits anytime water temperature is 75 degrees F, or less. PADI instructors impress on their students that water is 20 times more heat conductive than air.

Thermoregulation of the adult is dependent on several factors. In addition to varying the diameter of peripheral blood vessels, altering metabolic rate and altering skeletal muscle action, several other factors should be considered. Individuals with higher percent body fat, much like a whale, are better insulated from the cooling effect of the environment. The surface area to mass ratio also determines to what extent external influences will effect body temperature. It is these two factors that have such a profound impact on infants. They have very little body fat and they have a very large surface area compared to body mass. The act of crossing one's arms across his chest is an instinctive attempt to decrease the amount of body area exposed to the environment. In other words, this simple act favorably alters the surface area to mass ratio.

Which is better — cold and dry or cold and wet? Obviously cold and dry, if you're trying to maintain body heat. Using the principles of thermodynamics and the properties of water, we can use this simple inexpensive tool to help regulate a patient's temperature when he is beyond regulating it himself. Immersion in warm (110 degrees F) water can return a hypothermic skier to normal temperature, just as immersion in cold water can lower the temperature of a febrile (feverish) child. In each case, only the trunk should be submerged. In each case, the heat energy is traveling from where it is to where it will do the most good. ●



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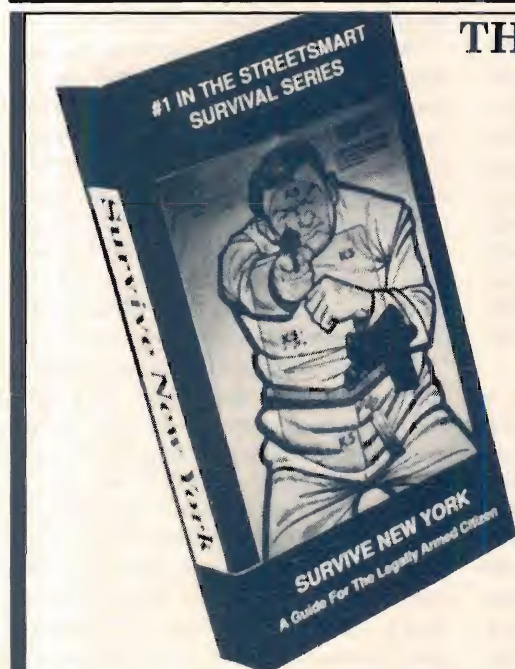


From left, T-627 full-finger gloves, T-657 pre-curved neoprene gloves, T-621 fingerless gloves from Thunderwear.

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Survival Kits

'It's the lack of preparedness that kills people' . .

By Daniel C. Friend

WHAT is the real issue in survival? Is it being well-versed in the woodsman's skills of edible plant identification and land navigation, or is it the more basic matter of sustaining life? The real issues that separate life from death are maintaining your body's core temperature and fluid level, conserving your energy and signaling for help.

What is the greatest single threat to your survival? Starvation? Hypothermia? Dehydration? Heat stroke? Actually it could be any or all of these factors. It's impossible to identify the specific threat until you find yourself in a critical situation. All of these factors can be killers because they share one common element: you are unprepared for the unexpected. It is this lack of preparedness that kills people. Those who are prepared to meet the challenges of their environment survive, those who are not die.

Normally we are only prepared for the situation in which everything goes as planned. Fortunately, the law of averages is usually on our side, so few of us ever have to face the consequences of our own lack of foresight. When preparing for a survival situation, or assembling your survival kit, there is one basic thing you need to remember, Murphy's Law: if something can go wrong, it will go wrong, and at the worst possible time. Therefore, your survival kit should be designed accordingly, with several layers of redundancy to insure that one of the systems will always work. For example: for fire starting, pack matches, a lighter and a spark stick. That way if one system fails, you have an alternative to fall back on.

Those of us who are interested in survival realize that the law of averages cuts both ways. We have probably done a lot of reading on the subject and have

already put some sort of survival kit together. But are we really prepared for the worst, or do we only think we are? There is no magic formula, nor one "right" way to put a survival kit together. The contents of your survival kit will vary with your situation. Thus far I have not found a commercially available kit which I feel meets the minimum requirements. Most of the commonly available commercial survival kits all share a common flaw: they are food oriented, not survival oriented. Much of the current so-called survival thinking is based on the World War II survival manuals, with over emphasis on plant identification. The real essence of practical survival is virtually ignored.

Look in any book on survival. Chances are that it is full of line drawings reproduced from a military survival manual. Look through it, and you will see more than you will ever need to know about edible and poisonous wild plants and several different ways to find north during the day as well as at night. It is interesting, it looks official, but is any of it going to help you survive in the real world? Probably not.

Survival training has gotten into a non-productive rut because much of it was developed for World War II aircrews who faced the possibility of being shot down during long-range bombing missions. There was little chance of their being rescued, so they were taught to determine their location and navigate back to friendly territory. Plant identification, fishing and snaring small animals were skills critical to their survival during this long process. Military survival kits of that period, and most commercially available kits today, are based on this philosophy of protracted self-reliance and long-range navigation. In actuality these skills are more accurately wilderness living skills than purely survival issues. The real problem with

these kits which are composed primarily of fish hooks and cheap compasses is that they are not relevant to the type of situation that we are most likely to face today.

In the majority of actual peacetime survival incidents, you are usually better advised to remain where you are and signal for help than to compound your problem by attempting to hike out, especially if you don't know your precise location and aren't exactly sure where you want to go. Today you can expect rescuers to begin searching for you almost immediately once you are overdue or are reported down. By moving, you will probably only end up getting lost and making it more difficult for rescuers to find you.

As far as eating wild plants is concerned, the number of people who actually starve during a survival situation is a mere fraction of those who die from eating misidentified poisonous plants and mushrooms. The need for food is more psychological than physical, at least for the first day or two. The human body can function an amazingly long time without food: it is possible to survive several weeks without food. While your energy level and ability to work will deteriorate long before this, food is usually not the major factor separating life from death.

The real issue in survival is not whether you can identify 30 North American edible plants or pinpoint your location on the globe using your knife blade as an astrolabe. It is much more basic than that. The two primary considerations in any survival situation are: first, maintaining normal body core temperature; and second, maintaining normal body fluid level. All other considerations are secondary.

The following incidents are typical of the type of situations that can threaten your survival today: 1) You are equipped only for a day hike when you get trapped at 7,000 feet by a freak snowstorm. 2) You twist the key off in the ignition of your Jeep after a day of four-wheeling in the snow; You are wet and the forecast is for an overnight low of 5 degrees. 3) Enroute from Kuala Lumpur to Sydney your plane makes a crash landing in the Australian Outback; the temperature is 115 degrees. This is survival! This is when a well thought out kit can save your life!

Most authorities agree that one factor is paramount in the survival equation: attitude. Attitude is that critical quality that keeps some people going long after others have given up hope.

Attitude alone, while it constitutes about 80 percent of the survival equation, is not enough to keep you alive in extreme circumstances, however. There are two other factors, even though they comprise only the remaining 20 percent of the survival equation, that become increasingly critical as the conditions under which we must survive become more extreme, or the time we are under these conditions lengthens. Your survival skills and knowledge account for 10 percent of the equation. Your equipment makes up the remaining 10 percent. You can be an expert in survival and have the most positive mental attitude in the world, but still freeze to death or die of dehydration if you don't have the **RIGHT EQUIPMENT: THE CRITICAL 10 PERCENT!**

The fact is that most people don't have a survival kit, even a small one. With their business-as-usual attitude, they assume that the situation will remain routine and they will arrive at their pre-planned destination on schedule. In fact, luck and the law of averages insure that most of these folks will never be in a situation where they need a survival kit. That's a chance I don't want to take. Some people who have given considerable thought to survival have really big, complete survival kits. But will they be available when they are needed? A kit that is too big to fit in your pack or briefcase will be left behind sitting in your closet. Then there are the people with a healthy concern for Murphy's Law who do carry a survival kit. Chances are the kit was purchased from the local backpacking shop and is packaged in a small plastic box. It probably contains a tiny metal compass, a razor blade, four band-aids, a small tin of aspirins, 20 feet of monofilament line with three fish hooks and a miniature candy bar.

The real tragedy is not that this so-called survival kit cost \$19, but that people place their faith in the kit and believe that they are prepared to cope with whatever unexpected survival situation may arise. Nothing could be further from the truth. This pathetic little collection of junk might contribute to the merchants' profit, but it definitely won't contribute to your survival.

General Kit — Below, I have listed items and suggestions for a general kit that will provide a solid basis for coping with most of the commonly experienced survival situations. I de-



A space blanket provides much needed shade as it marks your position with reflected light. The signal mirror is a very effective and reliable way to attract attention, even at extreme ranges. Note the water bag among other survival kit gear.

The adequate survival kit is large enough to carry the essentials yet not so large that it gets left behind. The nylon pouch is only one of many ways to package your gear.



An augmentation kit should be carried if there is a possibility that you may be on your own for more than 72 hours. It contains more first aid supplies than the basic kit as well as emergency rations.



veloped this particular kit in 1985 after many years of experimenting with smaller and larger packages, and various combinations of equipment. I have used it to teach survival to hundreds of students.

The feedback I have received has been very positive and I believe that the kit has the flexibility to accommodate a variety of situations, and can be easily modified to meet special circumstances.

Naturally, a kit this small is intended to provide basic life support for a

short period — up to 72 hours. For those situations where you may anticipate the possibility of relying on your own resources for longer than that, I suggest carrying an augmentation kit. It is the same size as the basic kit but carries the things that didn't have a high enough priority to be in the basic survival kit: primarily, two days of emergency rations and first aid gear. I have carried these kits all over the world and found them more than adequate, from the rocky snow-covered

Survival Kits

Hypothermia can cause death in a short time. Using a space blanket to trap a candle's heat will quickly restore the body's normal temperature. In a real-life situation the blanket would be pulled completely around the body, leaving only a small opening for breathing.



Most backpackers and outdoor enthusiasts already have all the equipment to put an effective survival kit together.



mountains of Scandinavia to the hot humid jungles of Central America.

First priority in every kit should be one of the aluminized mylar emergency "space" blankets or bags. These have a thousand and one uses and can literally save your life. While very light and compact, they work on the principle of reflecting body heat and help prevent heat loss through radiation and convection. Hypothermia, the general lowering of the body temperature, is a quiet and subtle killer. It is especially dangerous when there is a high

windchill factor or the body is wet and evaporative cooling speeds the decline of core temperature.

If you or a companion begin to experience the symptoms of hypothermia, uncontrolled shivering, slurred speech, droopy eyelids and irrational behavior, immediately squat or sit and cover completely with a space blanket. Place a nine-hour candle from the kit between your feet for stability and light it. The heat generated by the candle will make it uncomfortably hot within a few minutes. Body temper-

ature will stabilize and begin to return to normal. Space blankets are incredibly strong and can be used for emergency rain flies, sun shades or even litters.

Another item with nearly unlimited uses is the heavy duty plastic trash bag. You can cut a slit in the bottom, pull it over your head and use it as a poncho. Since it's waterproof, it makes a great ground cloth or rain fly. You can carry water in it, keep your gear dry inside it or use it to store bodily waste if you are forced to stay in a confined space.

Finding water is one thing, purifying and transporting it is quite another. Because of the biological and chemical contamination of most untreated ground water, you'll may be better off going thirsty than drinking it. One popular misconception that needs to be debunked is that if you are thirsty, it's OK to drink questionable water because, according to the argument, the doctor can cure whatever you might pick up. By drinking unpurified questionable water, you may make your situation worse than when you were only thirsty, especially in the Third World, where some of the waterborn contaminants can cause dehydration, disability, and death within a relatively few hours. You might not survive to get to a doctor.

Three classical methods to purify water are: boiling, which is usually impractical in a survival situation because you need a pot and lots of fuel; filtration; and chemical purification. A water bag and purification tablets are the least expensive alternative. Effective filters are too large for a basic kit.

In order to purify water chemically, you need some sort of container. Without a container for transportation of water, iodine tablets are virtually useless, since you can't take water purification tablets like you would a pill. In addition, without a container, your mobility would be restricted because you would be bound to the water source. To solve the transportation problem and to create a container, use a space-saving plastic bag for an improvised canteen. I use a heavy-duty polyethylene sleeve, heat-sealed at one end. It holds about two quarts.

Carrying a waterproof match case is the traditional answer for making fire, but has only limited utility because of its small capacity, about fifteen kitchen size matches. In addition to matches, I carry a couple of birthday candles in my case since they greatly

extend available burn-time. The case is also the perfect place to store a heavy duty sewing needle which, like almost everything else in a well thought out kit, has a variety of uses. For lighting fires, I prefer a throw-away lighter. It's inexpensive and will still be giving you lights long after you have run out of matches. It also works in the wind and in wet conditions. Redundance is an inexpensive way to insure that you will have at least one operable system when you need it. A third fire source that I wouldn't be without is the magnesium fire starter with a flint sparking insert. Someone writing in a survival magazine has erroneously reported that the sparking insert only works when struck by a carbon-steel knife blade. Not so! Stainless steel blades work quite well. Shave some magnesium from the block onto the tinder, then strike the sparking insert with your knife blade. When struck, the magnesium shavings burn with an intensity that will ignite even stubborn tinder. I also carry a small pocket magnifier, one of the new flat plastic cards, for fire starting. It has proven effective, but works only on sunny days.

If you've ever been in a situation where you had to do a lot of yelling, you know that your voice doesn't carry very far, and is easily drowned out by ambient noise. Just a few minutes of furious shouting will make you hoarse. For signaling, there is no substitute for a good police whistle.

Some wag once said that every survival kit should contain a mirror so that you can watch yourself starve to death. Having a good mirror and knowing how to use it may just keep you from having to starve. A sturdy, high quality mirror, such as a military surplus signaling mirror, can reflect sunlight for miles on a sunny day. Given a little practice, it can be extremely accurate for surface to surface as well as surface to air signaling. Have you ever gotten a bug or a bit of twig in your eye with no one to help you get it out? a mirror can be worth its weight in gold when you're trying to cope with an uncomfortable situation like this.

The new generation of mini-flashlights are far superior to any of the older, bulkier models. They put out a more intense light and the alkaline batteries last longer than the old "D"cell models that have been with us since World War II. In addition, many are waterproof and fit easily into a pocket, or can be held in the mouth when you need both your hands free.

Next to toilet paper, I've probably used my flashlight more than anything else in the kit. If you have trouble, it's a safe bet that it will happen in the dark. Things that were only difficult to do in the daylight become virtually impossible to do in the dark, especially if you are in unfamiliar surroundings. Don't overlook the value of a good light and an extra set of batteries.

No kit should be without a pocket knife or survival tool. Of all the gadgets of varying quality on the market, I recommend only two: A Swiss army knife, the real thing (Victorinox or Wenger) and the Leatherman survival tool. Where your life may be at stake, never compromise with quality. When choosing a knife, make sure you get a model with at least the saw and scissors on it. If you have room for and can afford a model with more tools on it, you will have more versatility if you have to start improvising. The scissors are much more useful than they first appear. They trim fingernails, cut away dead or torn skin, and cut through clothing to reach a broken bone or other injury. For cutting a walking stick, splint or shelter poles, there is absolutely nothing like a Swiss army knife saw. This saw will quietly and efficiently cut through a branch of up to three inches. If you have ever chopped branches with a knife, or even an axe, you will really appreciate the speed and quiet ease of the saw.

Few things are quite as frustrating or useless as a dull knife. While many survival kits include some kind of knife or cutting tool of varying quality, I've never seen one with a knife sharpener in it. We've come a long way from the days of bulky whetstones and messy cans of oil. There are several excellent pull-through sharpeners using opposed tungsten carbide bits available today. Contrary to a common misconception, they do not "eat up" blades, but do put an excellent edge on them. Several models are very small and are well worth the space they take up in the kit.

One advantage that the Leatherman tool has over pocket knives is its excellent quality pliers. Pliers have virtually unlimited utility, generally only appreciated when you don't have a pair handy. Medical hemostats are also an extremely versatile tool, especially if you aren't carrying a Leatherman tool. Designed to clamp off slippery blood vessels, they lock shut and have serrated teeth. They are useful for a variety of jobs, from pulling out thorns and stingers, to retrieving sleeping bag

draw strings that have slipped into their tunnels.

In addition, I carry a small file, a sharpened piece of hacksaw blade, and a four-inch extra heavy duty sewing needle. They come in handy for all those emergencies that you never think of, such as when you break the tip of your Swiss army knife and need to reshape it, or you have to cut through a pipe, or saw off a hasp, or sew your boots back together. These small tools don't take up much room and they greatly expand your ability to improvise.

There's a lot of cord on the market, but for my money there is nothing like genuine military "550" parachute cord. The name "550" derives from the breaking strength of 550 pounds. Unlike the civilian variant found in sporting goods stores, the military version is made up of several individual strands of nylon thread inside an outer sheath. From stringing a shelter flap to lashing poles together, 550 cord handles a variety of jobs better than any other cord I've found.

If you have room for a sewing kit, by all means put one in. But don't overlook the utility of parachute cord. I remember one occasion, before I had learned to always carry several safety pins with me, that I tore the crotch out of my trousers. This was the only pair of trousers I had, and as things turned out, I would spend two more weeks in the boonies. Fortunately, I had my sewing needle in my match case, so I used one of the nylon threads pulled from a length of 550 cord to do some emergency patch work. It wasn't very pretty, but it did the job.

A good compass can be a real help if you already know where you are or have a very good idea about where you want to go. Without a map though, a compass doesn't begin to live up to its potential. Unfortunately, one of the critical things most often overlooked when traveling is to take along the appropriate map. We have become overly dependent on trusting someone else, such as our pilot or driver to get us where we want to go. Actually an accurate map is probably more valuable than a compass because direction finding can be fairly accurately estimated both at night and during the day. With an accurate map you can determine your location, spot and avoid obstacles, and get yourself pointed in the direction you need to go.

Trying to include a complete first aid kit will make your survival kit so

(Continued on page 64)

Voices of a Dying Past

*Listen to the news
from the source as
the 'Iron Curtain'
continues to
crumble...*



Red Square in Moscow.

By Gerry L. Dexter

PORTUGAL had it right. Years ago, during the thick of the cold war, when the country was ruled by right wing dictator Antonio Salazar, Radio Portugal's overseas broadcasts always ended with the cry "The West can and will win!"

Today nearly every TV newscast we see or daily paper we read contains at least one story offering more evidence that the communist world is in trouble. The introduction of *glasnost* — Gorbachev's policy of openness has unleashed an amazing and seemingly unstoppable eruption of pent up frustrations, causing everything from protests to riots to near revolution within the communist sphere. To anyone with

any kind of interest in world affairs, the unraveling of the empire and political philosophy which have been the west's principal concern since the end of World War II is a fascinating, absorbing drama.

This is history unfolding in front of us. We do not, however, have to rely exclusively on our own newspapers, radio and TV. These astounding events become even more fascinating when one tunes in on radio broadcasts from the countries playing the central roles. Shortwave (worldband) radio makes it possible.

Every country in the communist world, even those still trying to hang on to the old ways, has a shortwave radio station broadcasting to other parts of the world. Nearly all have at least some English language programs.

From Radio Moscow to Radio Budapest, Radio Tirana to Radio Beijing, the voices of this dying empire are out there, waiting to be plucked from the air by a shortwave radio. With that and a knowledge of when and where to tune, one can soon be enjoying a new dimension of this incredible story.

How many of these stations will be heard, and how well, depends upon several factors. An inexpensive portable shortwave radio will have little trouble receiving broadcasts from giant broadcasters such as Radio Moscow and Radio Beijing, but it will usually take a more expensive and versatile shortwave communications receiver with an outside antenna to haul in signals from such stations as Radio Polonia and Radio Tashkent.

Even then, we are still dependent upon changes in atmospheric conditions which can create periods of excellent reception and times when reception is poor or impossible. The power used by the station and the area of the

(Continued on page 36)

МОСКВА РАДИО



RADIO MOSCOW

A Radio Moscow program schedule.

SMOKES



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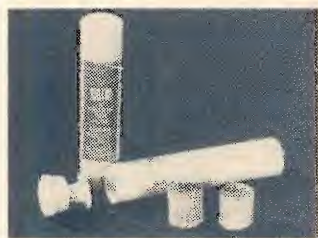
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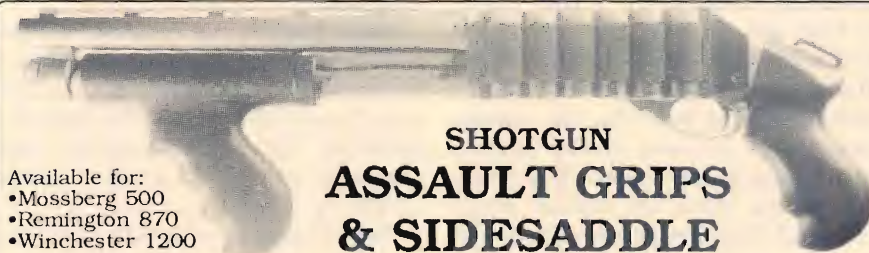
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Voices of a Dying Past

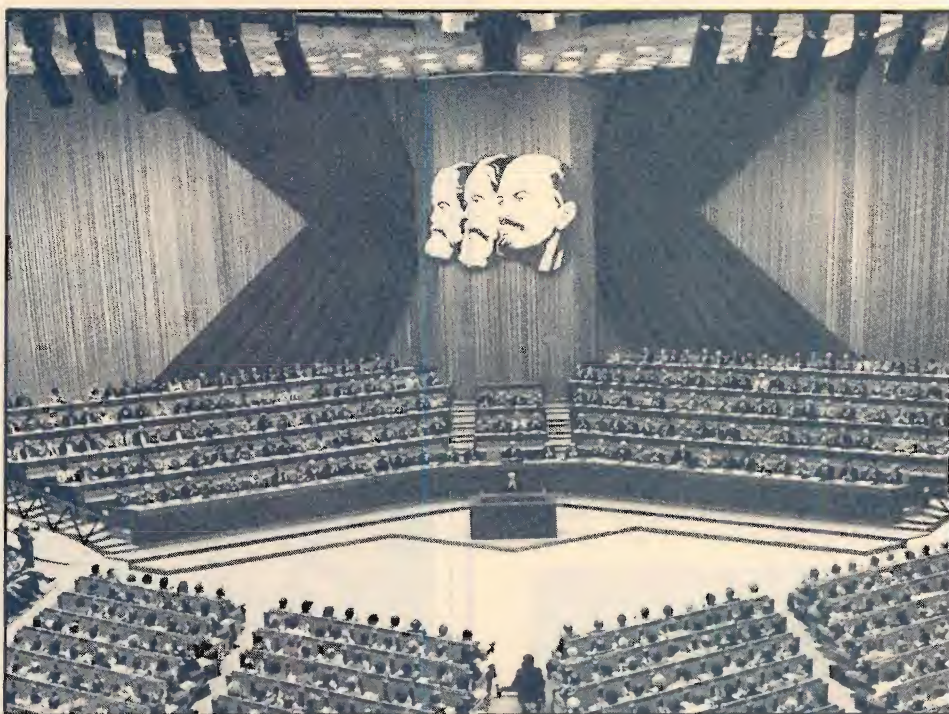
(Continued from page 34)

world to which it is beaming its broadcast are other factors which determine how well the station is received.

Here is a survey of the voices of communism and when and where to tune them on shortwave. Frequencies given are in MegaHertz and times are Eastern Standard.

Radio Moscow is surely the world's largest broadcaster. Hundreds of high power transmitters spotted throughout the Soviet Union carry Radio Moscow's many different program services and languages to all corners of the world. Through the years the station has been a good barometer of how loose things were in the Soviet Union; there was a time when Radio Moscow would not even play jazz. Now there's a weekend show with an American-style disc jockey playing American and Soviet pop and rock and even giving away prizes on the telephone!

The Radio Moscow World Service is available during our daytime hours on one or more of the following frequencies: 9.765, 9.865, 11.840 (often best), 15.135 and 15.585. In the late afternoons and evenings the North American Service airs on one or more of the following frequencies: 7.165, 9.600, 11.675 and 15.135. Like the print media in the Soviet Union, Radio Moscow now openly discusses various problems being faced by the country and reports on news stories ranging from strikes to air crashes. There once was a time when the station would have had listeners believe the Soviet



A session of the Czechoslovak legislative body, still resisting change.

Union had no problems and never experienced accidents.

Several of the Soviet republics produce programs which are broadcast overseas.

Radio Kiev, in the Ukraine, has two half hour English segments beamed to North America each day, at 6:30 and 9 p.m. EST, via Radio Moscow's facilities. Try one or more of these frequencies: 7.400, 9.610, 11.675, 13.645 or 15.180.

Radio Tashkent in Uzbekistan is less

easily received, since the broadcasts are beamed to Southeast Asia, but can sometimes be received here fairly well. An English program airs daily at 7 a.m. Try 9.600 or 11.785.

If it were a totally independent nation the Armenian SSR might be at war with neighboring Azerbaijan over the treatment in that republic of the Armenian minority. Radio Yerevan is difficult to catch. A daily English newscast airs at the end of the Armenian language segment beamed to North America at 10:30 p.m. (10:55). Try 13.645, 15.180 or 15.455.

Some of the hottest news areas within the Soviet Union these days are the Baltic States—Estonia, Latvia and Lithuania. Although all three have shortwave services they are much more restricted. Estonia and Latvia are nearly impossible to hear at all, much less hear fairly well. Lithuania, thanks to relays by those powerful Radio Moscow facilities can be heard fairly well. Radio Vilnius airs English for North America at 5 and 6 p.m. on 9.610, 11.675, 15.180, 17.655 and 17.690. One listener recently noted that the broadcasts are taking a definite anti-Moscow line and include frequent "putdowns" of Stalin.

East Germany rejects all this *glasnost* and *perestroika* stuff, though its citizens do not, as we saw last fall when



Radio Beijing has many programs in addition to news.

so many of them went west. The East German mouthpiece, Radio Berlin International, airs several English broadcasts for North America each evening: at 5 and 5:45 p.m. on 9.730, 7:45 and 9 p.m. on 6.080 and 11.890 and at 9:45 p.m. on 6.080, 11.785, 11.890 and 15.125.

Another hardliner, Bulgaria, more or less admits the need for change but insists on taking a very slow pace. It is largely business as usual there with, so far, only the minimal above ground opposition. Radio Sofia has two hours of English for North America daily, at 6 p.m. on 11.660 and 15.110 and at 10 p.m. on 11.750 and 11.765.

The bloody revolution in Romania has ended the hardline Stalinism of dictator Ceausescu. Before the revolution Radio Bucharest was on the air with English to North America at 8 p.m. daily on 5.990, 6.155, 9.510, 9.570, 11.830 and 11.940.

It is still the 1950's in Albania (but without any of the good things that decade offered). Albania remains Eastern Europe's odd man out, as it has for decades — thumbing its nose at Moscow and later Beijing. Even here, though, there are the teeniest cracks beginning to appear, though compared to what's happening elsewhere the changes don't even bring things to where the Soviet Union was 40 years ago. Radio Tirana will never win any awards for radio programming excellence, either. Mostly, it airs long political dissertations. The folk music is good, though. Radio Tirana is on with English daily at 6:30 and 9:30 p.m. on 6.085, 7.065 and 9.760.

One of the more easily heard countries is Czechoslovakia, where millions of workers and students have gone on strike to protest communist domination. Radio Prague is on the air to North America daily at 8 and 10 pm on 5.930, 7.345 (usually best), 9.540, 11.685, 11.990, 13.715 and 15.540.

In Poland — first of the east block countries to actually put a non-communist government in power — the terrible economic situation long ago put a damper on that nation's shortwave broadcasts. They continue, but the broadcasts for North America were dropped some years ago. Like many of the other nations money for the upgrading of equipment hasn't been available so listeners are left with poorer reception. Radio Polonia's English to Europe can sometimes be received fairly well here. It airs from 5:30 to 6:55 p.m. on 5.995, 6.135, 7.125 and 7.270.

Free elections are scheduled in Hungary soon and that will almost certainly bring a second non-communist government to power. Party membership in Hungary has shrunk to less than 500,000 and continues to drop. Radio Budapest's English broadcasts to North America are on at 8 and 9 p.m. on 6.110, 9.520, 9.585, 9.835 (usually best), 11.910 and 15.610.

On the other side of the world China, perhaps adhering to an old dictum of Mao about taking two steps forward and one step back, first tests democratic waters and then pulls back. Even so, Radio Beijing's programming has improved greatly over the years.

Once made up largely of readings from the works of Mao and interminable Chinese revolutionary operas, today's shows are a lot livelier and more informative about life in China, even though the station is forced to parrot the official line about what happened in the country last spring. Radio Beijing is also a good source for news of Third World nations of Africa and Asia.

Radio Beijing is quite easy to hear in North America. Its main English broadcasts to this continent are at 7 p.m. on 17.755, 10 p.m. on 9.690, 11.685 and 11.840 and 7 a.m. on 17.855.

Hardline North Korea's Radio Pyongyang has English for North America at 6 a.m. on 6.576, 9.660 and 11.735 and at 6 p.m. on 11.735 and 13.650.

From Vietnam, the Voice of Vietnam has English at 5 and 8:30 a.m. on 9.840 and 15.10, 6 a.m. on 9.730 and 10:45 a.m. on 10.010 and 12.035. Both North Korea and Vietnam will be heard more clearly by listeners in the western U.S. and Canada than by those in the east.

Most international broadcasters make regular changes in the frequencies and times of broadcasts to you and you may have to "fish around" to find the one you want. If you cannot find a broadcast from a country you especially want to hear you can always write to the station requesting a (free) program/time/frequency schedule. A letter addressed simply to the English or North American Service at the station in the capital city will be received, i.e. "North American Service, Radio Moscow, Moscow, USSR."

As was noted earlier, atmospheric conditions, the season of the year and the type of shortwave receiver used will all be factors in how well a broadcast can be received. Still, the major stations such as Radio Moscow, Radio Beijing and Radio Berlin International should be received fairly well most of the time.

Readers who want more information about shortwave are directed to this writer's book *So You Bought a Shortwave Radio! — A Get-Acquainted Guide to the Wide World of Shortwave* (\$8.95 from Tiare Publications, P.O. Box 493, Lake Geneva, WI 53147). Two standard directories of shortwave stations and frequencies will help readers find their way around the shortwave radio dial: *The World Radio TV Handbook* (Billboard Publications, \$19.95) and *Passport to Worldband Radio* (International Broadcast Services, Ltd. \$14.95) are available at or through local bookstores. ●



Radio Beijing broadcasts from this huge building in China's capital city.

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Staff Report

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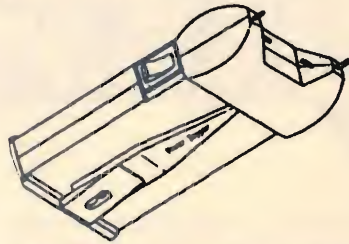
Model folder, until you need it. Then you find you have the same strong, high-performance knife you had in the all-steel Police Model.

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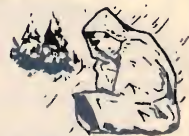


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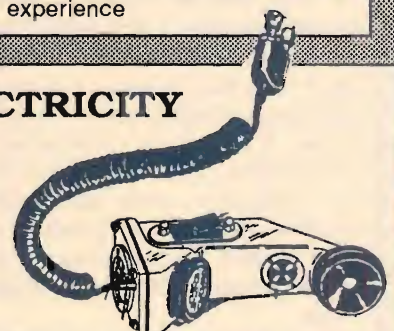
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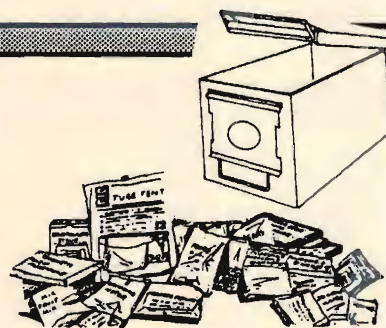
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Kit Includes: 1 collapsible 5 gal. water container, 1 Water Purification tablets, 12 entrees, 12 desserts, 6 instant oatmeal, 6 cocoa, 6 apple cider, 3-day candy rations, 1 wing stove, 2 Sierra cups, hot cups, spoons, & napkins, 1 box wind-proof/waterproof matches, 1 Fire Starter, 6 4-hour candles, 4 hot packs, 1 angle-head flashlight, 1 polar blanket, 2 space blankets, 1 heavy duty space blanket, 2 ponchos, 1 tube tent, 1 first aid kit, 1 bottle Potassium Iodide tablets, 1 AM/FM radio with earphones, 1 trifold shovel, 2 whistles, 1 50-ft. nylon rope, 1 sewing kit, 1 multi-purpose knife, 1 nylon heavy-duty gear bag, and 1 sanitary kit with toothbrush with paste, tissue, disposable razors, and 6 tampons.

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your kit to survive tossing around in your trunk for years. **Kit Includes** 4 - 24 hour warm packs, 2 mylar emergency blankets, 1 - hand generated flashlight, 1 - 50 hour candle for light and heat, 2 - 12 hour cyalume lightsticks, 1 - box waterproof matches, 2 - wax candles for firestarting, 2- pounds high carbohydrate candy, 8 - 4 ounce retort water pouches, 1 - essential first aid kit, and instructions for surviving cold or heat. **\$49.00 value #1624**

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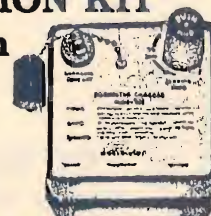
Chicken Ala King, Beef with Gravy, Beef Stew, Ham and Chicken Loaf, Ground Beef in Spice Sauce, Meat Balls in BBQ Sauce, Frankfurters, Beef Slices with BBQ Sauce, Chicken and Rice, Omelet with Ham, Spaghetti w meat sauce, Tuna with Noodles, Beef with Rice and BBQ Sauce, Pork with Rice and BBQ Sauce, Chicken Stew, Ham and Potatoes

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Liquid Candle In A Can

Over the last few years we have sold thousands of these excellent candles and we have reports back from our customers of the many times they have provided light when the power went off. Filled with a special non-explosive liquid fuel, the candle burns bright and clean for over 60 hours. The special wick is self-adjusting and insures complete burning of the fuel. In any emergency just pull out these non-dripping, non-smoking candles for lighting. When the emergency is over, just blow them out and put away until you need them again. They will store indefinitely. Also will make great barter items. #4305

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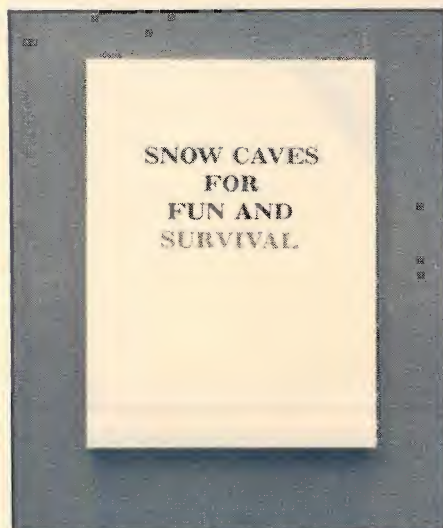
\$19.95 + 3.00 S&H

BOOKS/VIDEOS

(Continued from page 11)

cover; \$15.95 plus \$3.50 shipping.

The author, Sammy Franco, doesn't believe in the flashy, glamorous leaps and kicks taught by many of the traditional martial arts fighting schools. He has written a book outlining the principles of realistic street fighting using a hard-hitting self-defense system that ends the conflict swiftly. The book is well illustrated with photos on virtually every page. Each aggressive move and defensive response can be easily visualized. *Street Lethal* is a fine handbook for those who might one day find themselves unarmed and under severe physical attack.



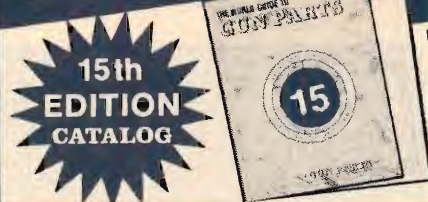
Snow Caves for Fun and Survival, by Ernest Wilkinson. SI Outdoor Food & Equipment, 15600 S. Figueroa St., Dept. ASG, Gardena, CA 90248; (213) 324-8855 in CA or (800) 533-7415; 112 pages, softcover; \$9.95 plus \$1.25 shipping.

Learn how to build a snow cave in the shortest amount of time. A large door is recommended for snow removal followed up by blocking up the doorway to make a smaller opening. The author suggests not lighting a fire in the snow cave and also not poking vent holes through the wall. "Most snow is porous enough to allow sufficient air into the cave unless you have formed an ice layer from inside heat." Other chapters tell how to construct igloos, and various other winter survival shelters. This is not just a manual about snow caves. It discusses most everything to do with snow camping including: food, clothing, equipment, and hazards such as white-out conditions. ●

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P225 Pistol

Staff Evaluation

THE SIG SAUER semiautomatic pistols are increasingly popular in this country. Swiss designed and German made, they represent the latest developments in European firearms technology and are highly regarded for their quality construction, accuracy and reliability.

Of the European pistols we have shot, the SIGs and the Glock pistols appear to be the most accurate. In the December issue last year we reviewed the new high capacity SIG P228 14-shot 9 millimeter and P220 eight-shot .45 ACP pistols. These are mechanically locked, short recoil operated semiautomatic pistols featuring an automatic firing pin lock, double-action trigger and decocking lever.

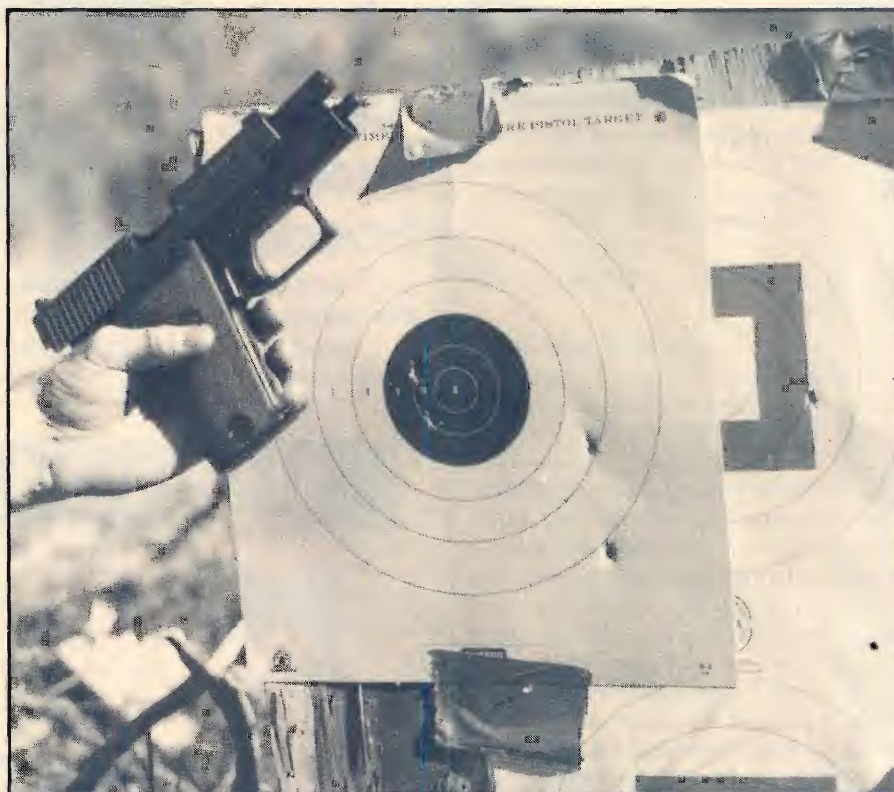
The SIG P228 is essentially a high capacity P225. The P225, which has been around for some time in the U.S., has an eight-shot magazine, a slimmer width, slightly less height, weight and barrel length than the P228 with its double column magazine. While the P228 is a compact handgun compared with the 9 mm SIG P226 (16-shot) and more appropriate for concealed carry than the P226, it still has the wider girth than the slim P225.

All of these guns are exceptionally accurate and reliable, and able to fire any type of commercially available ammunition.

Test shooting the P225 with several types of ammo we obtained very good accuracy firing without a rest at targets 25 yards away and experienced no malfunctions whatsoever. While the P225 is considerably larger than a .22 or .25 caliber semiauto, or even many .38 Special revolvers, it is still the most compact of the newer SIG SAUER semiauto pistols. With the trend toward high capacity 9 millimeter pistols these days and the recent introduction of P228 to the SIG pistol line some might consider the P225 outdated.

We don't think so. If you're more concerned with accuracy than with high capacity and need a pistol that provides less bulk and weight, the P225 would be a good choice. You still have up to nine rounds of firepower at your disposal and all the features that have made the modern SIG SAUER pistols among the best of the European guns on the market. ●

Designed for concealed carry. . .



Some quick shooting from 25 yards by a shooter unfamiliar with the P225 produced a couple of flyers but proved this pistol is inherently accurate.



At first sight the P225 may seem bulky to a shooter but one soon begins to feel comfortable with handling it and finds it exhibits the superb accuracy these pistols are known for.



The sights are fixed with white dot/square.



There are few parts to deal with in a field stripped SIG and disassembly and assembly are accomplished in seconds without tools.

SIG SAUER P225: Tech Specs

Caliber	.9 mm NATO
Lengths:	
Overall	7.2 inches
Barrel	3.8 inches
Height	5.24 inches
Width	1.36 inches
Weight without magazine	25.9 ounces
Rifling	6 grooves
Magazine capacity	.8 rounds
Sights	fixed front post with white dot; fixed rear notch with white square
Sight radius	5.5 inches
Trigger pull	DA 12.1 lbs, SA 4.4 lbs
Price, suggested retail	\$750
Importer	SIGARMS, Inc., Dept. ASG, 470 Spring Park Place, Unit 900, Herndon, VA 22070; (703) 481-6660

No Quarter

By James R. Jarrett

'Do not kid yourselves about what is at stake!' . .

The author, a former Army Special Forces Vietnam veteran, Los Angeles Police SWAT team officer, is an NRA police firearms, pistol, rifle and shotgun instructor, and the director and principal instructor for the United States Marksmanship Academy (P.O. Box 30126, Phoenix, AZ 85046; 602-220-0750). He spent nine years as a Green Beret and saw extensive combat duty with the Special Forces Project Delta in Vietnam and counter-insurgency operations in Central America. Later with the L.A.P.D. he served as a patrol officer, undercover subversive intelligence operative and SWAT team officer. He has instructed military and police organizations in self defense, weapons and tactics in the U.S., Central America and Asia. The following essay summarizes his thoughts and beliefs on the current attempts in this country to disarm the American citizenry — The editors.

"It would be the greatest mistake, certainly, to think that concessions mean peace. Nothing of the kind. Concessions are nothing but a new form of war." — V.I. Lenin

THE above quote by one of the most brutal architects of human misery applies to ANY concession of liberty. The present attack on our Second Amendment Right to Keep and Bear Arms is being waged in the form of concessions. Any retreat is part of a fatal process. In our suicidal search for a "kinder gentler nation" we are sacrificing our birthright of liberty. It is time that we recognized that we are at war.

There can be NO COMPROMISE on the issue of weapons. The presence of weapons in the hands of the sovereign citizen is the ONLY hope of leaving some pathetic legacy of freedom to posterity. Any person, government official or agency that advocates the disarming in any manner of the law abiding citizens of this nation is guilty of treason. The penalty for treason is death.

Presently, the law of the government protects traitors and the enemies of freedom in this country while the principles of justice, human dignity and liberty languish in the darkness of apathy. How will we tell our children



LET NO
QUARTER
BE GIVEN

that freedom died because we did not have the courage to keep our weapons? Like jackals, the cowards, the weak and the timid in their quest for power, are harassing and isolating us. Each of us will someday face the choice — fight or surrender. We cannot even run because America was the last refuge.

Do not kid yourselves about what is at stake. Your career, your property, your material wealth, your status among family and friends, your freedom from incarceration and even your life are at risk if you are willing to defend yourself from this crime perpetrated upon us by a malignant

government.

The principles of honor, loyalty and courage are scoffed at and viewed as romantic nonsense. Keep in mind that those principles created the greatest nation in the history of the world. We owe no apology for that success. We won the greatest economic, political and military conflicts in history and in so doing bought the lives and relative liberty of those who now attack us from within and without. Our right to own and carry weapons is at the heart of that success. Contrast, if you will, the subjugation of the Hungarians and the victory of the Afghans in the face of Soviet might.

If you speak of rights, of the principles of the United States Constitution, of the legitimacy of national and cultural continuity and dominance, of the sovereignty of our physical borders — you, like me, will be labeled a fanatic, an extremist, a radical and even a terrorist. Your phone will be tapped, your name will be listed in the files of intelligence and enforcement agencies from the local police to other state and federal agencies.

Most Americans naively believe because we cast ballots and participate in other illusory trappings of a free

people we enjoy liberty. Get arrested and see what happens. You will have a record for life whether you are guilty or innocent.

The instances of police brutality and unjustified shootings are increasing as the courts hold that the police have no obligation to protect the citizen.

Judges exercise judicial tyranny by creating law rather than interpreting it as specified by the United States Constitution.

Citizens in Arizona are being arrested for failure to surrender identification. "Show me your papers" cannot be too far away.

The same officials, politicians, social activists, and lobotomized voters who have advocated and established the policies of open territorial borders, the abandonment of our allies, the waste of over 50,000 American soldiers in the jungles of Southeast Asia, the socialist vomit being fed our children in the public schools, corrupt politicians, abusive police and government officials, distorted media reporting, the rape of our land, the poisoning of our water and air, the strangulation of free enterprise by megabusiness, the insanity of affirmative action and the arrest and prosecution of citizens for self defense are

the same rabble who will take your rights, confiscate your weapons and castrate your spirit.

If you are happy with Monday Night Football, aerobics classes, an evening of wine and cheese at The Pointe, Club Med vacations, or any of the other trinkets afforded fat, complacent and willing whores then depart from us in peace at this time. Continue to lick the boots of your masters and perform the other duties of a prostitute. But know that you are an enemy of those who count freedom above comfort. We who love liberty more than security seek no quarrel with any man. But, neither will we wear the chains of subjugation. Take our weapons and we will take your life.

Take warning, the line has been drawn. If blood is to be shed, let it begin here. Should the flames of violence consume us, history will mark for future generations the courage and passing of free men. If the Almighty grants an undeserving people mercy once again before the light flickers into darkness, free men and women will take their weapons in hand, place the point of the sword against the throat of the enemy and no quarter shall be given. ●

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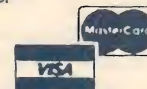
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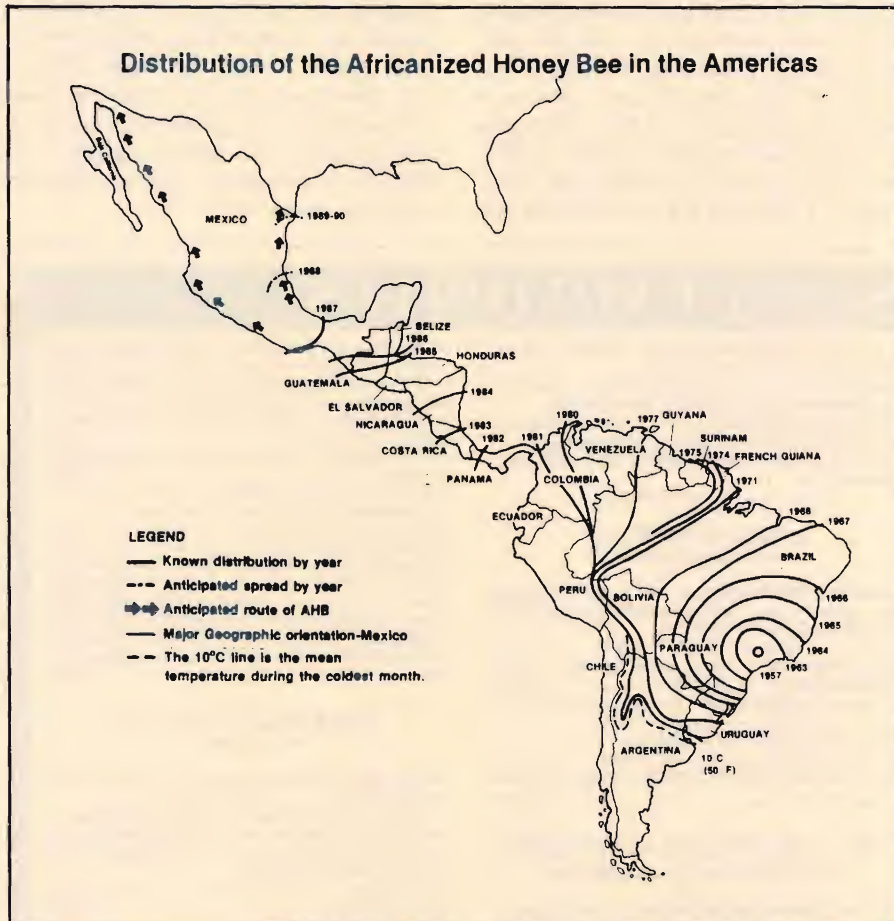
Killer Bee Invasion

Grande sometime during the early 1990s.

To some degree, AHBs will be a problem everywhere in the United States. You can increase your chances of surviving the "killer bee" invasion if you start preparing now.

You can improve the odds of avoiding/surviving African Honey Bee attacks by learning about these dangerous insects. . .

By Marshall Dunham



A *AMERICAN Survival Guide* brought you up to date on the invasion of the "killer bees" in the August 1988 issue. Since then, the proposed "bee free zone" across the Isthmus of Tehuantepec in Mexico has failed to stop the advance of the African Honey Bees (AHBs).

"A workable plan would have cost

three million dollars, but we could only secure one million dollars in funding," explained Dr. Thomas Rinderer of the United States Department of Agriculture Honey Bee Genetics laboratory in Baton Rouge, Louisiana.

Drought conditions have slowed the advance of the "killer bees," but the noxious insects will be crossing the Rio

What makes the killer bees dangerous? The physical body of an African bee is so similar to a gentle European Honey Bee that only an expert with a microscope and a chart of wing vein structure can tell them apart. There is no difference in the length of the stinger or the potency of the venom.

The difference between African bees and European bees is a matter of behavior. Anybody can identify killer bees by their actions. The ferocity of the African bees is a nest-defensive strategy which evolved as a response to environmental conditions in tropical Africa, where winter never comes and natural enemies are numerous. Because African bees face uncertain rainfall and flower blooms, the stores of nectar and pollen in the nest are vital for the survival of the colony. When the precious stores inside the nest are in danger of being robbed, guard bees release a chemical message called an "alarm pheromone." All the bees in an African bee colony respond by attacking the intruder in a suicidal frenzy. South American beekeepers report that African bees are so sensitive to alarm pheromones that they will come out and fight even when a neighboring hive is being molested.

The important thing to understand is that the violent nature of the "killer bee" is based on defending the nest and stores. A foraging AHB is no more likely to sting a person than its docile European cousin. No bee flies around looking for somebody to sting.

"Killer bees" are only dangerous to a person who accidentally disturbs a nest, so the first defensive strategy is to be aware. Bees can nest in any



A honey bee foraging for pollen, which she packs into a pellet on her hind legs (B.A. Stringer).



Gentle European bees, upper right, compared with Africanized bees, below. (B.A. Stringer, David A. Kerr).



These scientists are studying the attack behavior of African Honey Bees. The smaller black dot is more frequently attacked. In a bee attack on humans, the eyes would appear to be a prime target (David A. Kerr).



Some European bees are so gentle they can be worked without any protective gear. (B.A. Stringer).

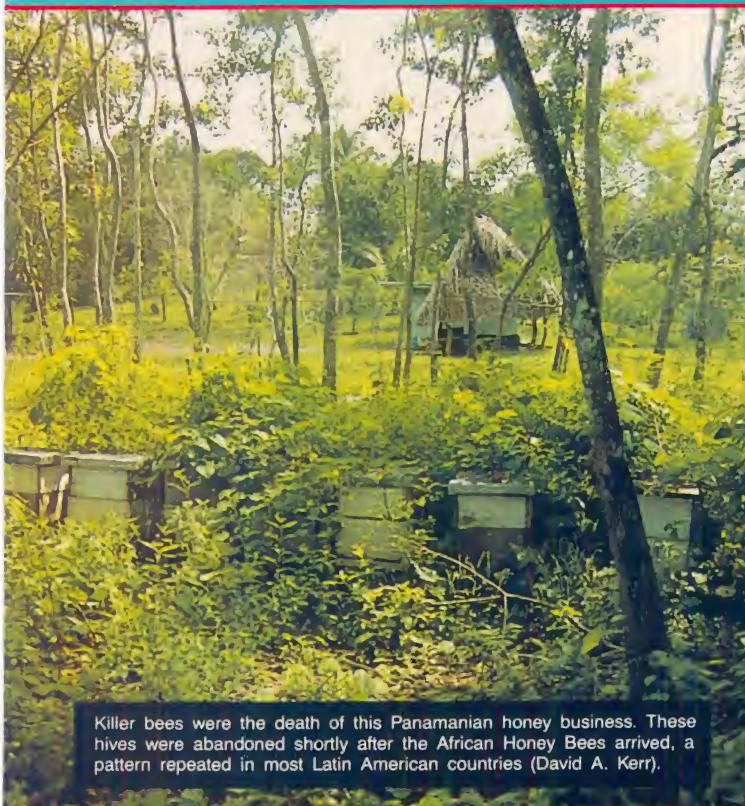
Killer Bee Invasion



Can you spot the queen bee? She is the one with the long abdomen in the right-hand center of the picture (B.A. Stringer).



An extra large African Honey Bee smoker is used to help confuse and distract the bees (David A. Kerr).



Killer bees were the death of this Panamanian honey business. These hives were abandoned shortly after the African Honey Bees arrived, a pattern repeated in most Latin American countries (David A. Kerr).



An abandoned honey farm hive being opened, showing African Honey Bees flying up to attack the intruders (David A. Kerr).

natural or man-made cavity. Holes in the ground, hollow trees, cavities in walls, cracks in cliffs, brick chimneys, railroad trestles, old hot water tanks, and old car bodies can be used by bees. There are even "open comb" nests attempted in tree branches and in bramble bushes when swarms cannot find a more suitable niche. When you are in unfamiliar terrain, keep your ears open for the sound of buzzing. You will usually hear a bee colony before you see it.

If you don't see or hear a colony of killer bees until it is too late, Tom Rinderer's advice, relayed in this magazine previously, still applies. "Run. Get away. Get inside a vehicle. . ." Other alternatives — if there is a body of water deep enough to submerge yourself in, run for it. A ditch, creek, watering trough, swimming pool or pond can be a refuge from attacking of bees. Lacking a vehicle, building, or body of water to run for, follow the path of least resistance and go as fast and as far as you can. African bees will follow you much farther than European bees, but the ferocity of the attack will decrease as distance from the nest increases.

Swatting madly at a cloud of attacking bees doesn't discourage them. The more bees you crush, the more "attack this target" chemical messages you release. Don't waste time or energy flailing wildly. Use your hands to cover your eyes. Bees will sting at two black dots on a piece of white paper, so they instinctively know your weakest point. If you panic and run blindly, you risk going in circles instead of increasing the distance between you and the nest.

Try not to slip and fall. The people most likely to die from a killer bee attack are those who are unable to escape. A child or an older person who is not able to run far enough or fast enough is most likely to be stung to death.

Allergies — Nearly everyone believes they are allergic to bee venom, but only about 5 percent of the population is truly allergic. Most people are sensitive to bee stings because they do not get stung often enough to build up an immunity to bee venom. People who keep bees develop resistance to bee venom and regard stings as no more irritating than a mosquito bite.

For the unfortunate few who suffer from systemic reactions to bee stings, medical doctors can administer desensitizing treatments (minute doses of venom) or prescribe an automatic anti-

dote injector.

People who are only sensitive to stings can develop resistance to bee venom by getting stung more often. This may be painful at first, but tolerance will develop quickly. A healthy adult can survive hundreds of bee stings, while a beekeeper with immunity can survive thousands of stings.

When you or another is stung, first, *scrape* out the stingers. Don't pull the stinger out with tweezers or fingers. The venom glands are attached to the base of the stinger and you will squeeze more venom into the victim if you grab at the stinger. Use the edge of a knife blade to scrape the stinger free of the victim's flesh.

After you get the stinger(s) out, treat for shock. If the victim's body temperature goes up, try to keep them cool with wet sheets, icewater, or rubbing alcohol. Beyond treating for shock, there is little a layman can do for a severely stung person.

Even if you never keep bees, you can include a bee-proof suit in your survival kit. You can buy a commercially made outfit consisting of overalls, hat, zippered veil and gloves from a bee supply store for around \$100. (A good source of bee gear is Ruhl's Bee Supply, 1424 NE 80th Ave., Portland, OR, 97213; write for a free catalog). A zippered veil is a little more expensive than a string tied veil, but it is faster to put on, easier to close, and much more secure. Commercial suits have elastic in the sleeves and pant-legs to keep bees out. Any kind of high-topped boot will protect the feet and ankles. Gloves can be leather or plastic, as long as the outer surface is smooth. Canvas gloves, rough out leather, and fuzzy polypropylene gloves are not good to work bees in because it is too easy for the insects to get a foothold on such surfaces.

Old-time beekeepers used to make their own veils using fine mesh metal screening and a thick coat. The bottom of a bucket or a round piece of thin metal was used for the top. Heavy waxed thread and a sacking needle were used to sew the cylinder of screen to the jacket and to the metal disk. A leather belt sewn to the bottom of the jacket secures the edge of the garment from crawling bees. This type of one-piece jacket and veil is hot and heavy, but it is inexpensive and durable enough to stand up to killer bees.

In a pinch, a bee-proof suit can be improvised from a brimmed hat, a pair of coveralls, any kind of fine-mesh netting, gloves, boots and a big roll of

duct-tape. If you can't include a bee suit in your survival kit, at least have plenty of duct tape on hand for an emergency.

For killer bee search and destroy missions, the most important weapon is a bee smoker, costing around \$25 new, or as little as 50 cents if you can find one at a garage sale.

Smoke will not stop alarm pheromones, but it helps confound the bee's chemical communications system. Smoke fumes "tell" the bees that their nest is on fire and they react by gorging themselves on honey to save what stores they can before they are driven out. When European bees are gorged on honey, they can often be handled without gloves or veil. Smoke will not stop an African attack, but it will slow them down and confuse them. Commercial beekeepers in Latin America have developed huge smokers for working AHBs. They smoke the entire bee yard before they open the first hive.

Smoker fuel is often burlap sacking material. Wood chips, punk or rotten wood, corn cobs, bailing twine, and other materials are also used. In Africa, honey hunters use torches and open fires on the ground to smoke bee nests.

There are several reports of *Lycoperdon* puffballs being used in smoker fuels to produce a narcotizing smoke. This is not necessary for working gentle bees, but may be helpful in working African bees. A common fungus on paths throughout the world, the puffball is a potential smoke-enhancing fuel that should not be overlooked in a survival situation.

Killing Swarms — Media accounts often refer to "swarms of attacking bees." To a layman, any bunch of bugs is a swarm, but to a beekeeper, a swarm is a group of bees which is searching for a new home.

Before swarming bees leave their old home, they eat all the honey they can hold. When bees are stuffed full of honey, they are virtually unable to sting. The buzzing of a swarm sounds horrible, but bees in a swarm state are actually fairly harmless. Only the severest provocation can induce swarming bees to sting.

Bee control workers in AHB-infested countries kill swarms of bees with a solution of water and detergent, applied with high-pressure sprayers. Detergent acts as a wetting agent, destroying the bees' natural waterproofing and clogging their breathing tubes. A swarming mass or cloud of bees shot with

Killer Bee Invasion

detergent spray will fall to the ground and die within a few minutes. Any kind of dishwasher or laundry detergent will work but liquid detergents are better in sprayers than powders. Any kind of mister, from hand-held plastic spray bottle to garden-type sprayers will work, but higher pressures produce the quickest results. Detergent is cheap, readily available, easy to apply, safer than pesticides, and very effective for destroying flying or clustering bees. Use one cup of liquid detergent to one gallon of cold water.

Once you know that there is a killer bee nest established in your vicinity, you must find it and destroy it. If you do not eliminate the nest, it will send off swarms in all directions and soon your area will be full of noxious insects. A single AHB colony can have as many as 12 queens in it and each one can lead a swarm in a different direction. How they decide their swarming vectors is a mystery, but this survival strategy has worked well in drought-stricken Africa.

If the victim is unable to tell you where the nest is, locating it is a fairly simple matter. Take some honey or a strong sugar solution, put it on a plate, and wait, you can speed things up by burning honey in a fire or dribbling it on a hot rock. Eventually, foraging bees will find the food. Be patient. They will return to their nest and bring more foragers back. Watch the bees closely and see which direction they go when they leave. If the bees come and go from more than one direction, pick the direction nearest that of the attack and move your food source that way.

Old time bee hunters used a special box to catch several bees and release them one at a time. Each bee would circle, get its bearings, and head straight for home. The honey hunter would follow as far as possible, then release another bee and repeat the process. (The August 1989 issue of *The American Bee Journal* carries a diagram of such a box and a detailed description of how to use it.)

You will need to locate the nest during the daylight when the bees are flying. As you close in, put on your bee suit and light your smoker. When you locate the nest, you can study it without fear, but disturb it as little as possible while the sun is shining. Study it well in the daytime so you will be

able to return and work on it in the night.

African honey hunters and South American beekeepers rob the killer bees at night when they are least able to mount an effective defense. Bees cannot see in the dark. Further confuse them with smoke and they can't smell very well either. You can use a little light to work by — a flashlight or torch will help you see without illuminating things enough for the bees to navigate.

There are many ways to kill bees. Detergent sprays and pesticides will destroy bees easily, but they will also render the stores in their hives unfit for consumption. In a survival situation, the honey, pollen, propolis, wax, and larvae are too valuable to waste.

A carbon dioxide fire extinguisher can kill bees without contaminating the stores. Dry ice will also work if you can get into the nest and cover up the entrance.

If you kill the bees with CO₂, you still must take the nest apart or more bees will be drawn to the stores and comb.

You do not need to kill the bees before dismantling the nest. Once you remove the stores, brood, and comb, the colony cannot survive. Taking the nest apart is the surest way to get rid of an unwanted bee colony.

Nest Harvesting — Every part of a bee nest is edible or otherwise valuable and beneficial. Honey is nature's purest sweetener, an excellent medicine, and can be used to brew great beer and wine. Stored pollen or bee bread, is high in proteins, yeasts, and B-vitamins. Propolis, or bee-glue, contains antibiotics. Royal jelly, found in peanut-shaped queen cells, is rich in vitamins and enzymes. Beeswax can be used for candles, waterproofing fabrics, preserving leather and wood, strengthening sewing and fly-tying thread, lost-wax metal casting, molding bullets, and as a shrapnel holding matrix in improvised Clamore-style mines. Bee brood — the larvae and pupae of developing bees — can also be a high-protein food source.

To harvest these resources, you will need several containers with tight-fitting lids. Plastic buckets are ideal, but Tupperware, freezer containers, or cooking utensils will do in a pinch.

If the nest is underground, you will

have to dig it up. If it is in a wall or a hollow tree, saws and axes will be necessary. Once you expose the nest, you can cut the combs apart with any kind of knife. A dull table knife works well for this step. Put honey comb in one container, pollen-filled comb in another, and brood-filled comb in another. Empty comb and bits of wax go into another container. When you are done cutting apart the nest, if you are lucky, you will have at least four buckets containing honey, brood, pollen and wax.

Honeycomb can be eaten whole and raw. Whole honeycomb is best on bread or pancakes. Eat the wax right along with the honey. Whole honeycomb is sweeter than extracted honey and many people believe it helps treat their arthritis.

To separate wax from honey, you can use a cheesecloth bag or a colander-type strainer. Put the honeycomb in the container, break it up, and let it drain. Putting it in a warm place will hasten the process. This must be done in a bee-proof room or wild bees will try to steal it all back. Some of the flavor of the honey will be lost in the extracting process, but it is easier to use in brewing and cooking. For honey beer, use honey instead of malt to make a delightfully light, dry brew. A potent honey wine can be made by diluting honey a little with water and letting it ferment. Most raw honey contains enough natural yeast to start the process. This sort of beverage was probably man's first alcoholic drink. Some beekeepers still make it, and it packs a punch.

Pollen in the comb can be eaten as is, but it often tastes bitter. Bee bread does not look like the little pellets of bee pollen commonly sold in stores, which is scraped off the bee's legs with a device called a "pollen trap" when foragers return to the hive. Bee bread has more enzymes than the little pellets of bee pollen but is basically the same high-protein plant material.

People in some parts of the world eat the bee brood raw and consider it a delicacy, but it tastes better cooked. To cook brood, wrap the pieces of brood comb in a cheesecloth, smash, and squeeze. A white milky fluid will drain out. Fry this fluid like scrambled eggs. Don't be picky. You eat bird eggs all the time. Why not eat bee eggs? The Nepalese call cooked bee brood "bak-

uti" and regard it as a treat. In a survival situation, you can't afford to turn up your nose at a rich, delicious source of protein.

To render the wax, you can use any sort of tin can or bucket in a double boiler configuration — a large pan of water over the heat source, holding a smaller container of wax. When the wax melts, heavy impurities sink and light impurities float. You can pour it off into molds or skim it and dip wicks in to make candles.

If you want pretty, bright yellow beeswax, you must use a stainless steel or pyrex container to hold the wax. Ferrous metal, such as tin cans, will stain wax a camouflage green-grey color.

Don't Panic — When the African Honey Bees appear on the evening news, sensationalized reports will terrify the majority of viewers. Try to remember that the so-called killer bee is not invincible. In some of the heavily populated parts of Africa, the bees are being hunted down faster than they can reproduce. African honey hunters wear only loincloths and carry only torches, yet they are seldom, if ever, stung to death.

While a few U.S. citizens may be stung to death, the greatest danger of the African bee invasion is the threat to the crop pollination service industry. One third of everything we eat, drink and wear is ultimately dependent on honey bee pollination. There are only about 15,000 commercial pollinators serving the entire agricultural industry in the U.S. If fear of killer bees drives up liability insurance for beekeepers and anti-beekeeping ordinances are enacted by panicked voters, the pollination industry could be destroyed. If America's beekeepers are driven out of business, this country could face a famine.

If you want to learn more about the fascinating world of bees, contact your local beekeepers organization through your county extension agent or a local bee supply store. Beekeepers are nearly as gregarious as their bees and are happy to discuss their art with any interested persons. You do not have to own or keep bees to learn how to work with them and to increase your tolerance for their stings.

More information can be found at your local library. The best national publication for non-professional beekeepers is *Gleanings in Bee Culture*, 623 W. Liberty St., Medina, OH 44256. ●

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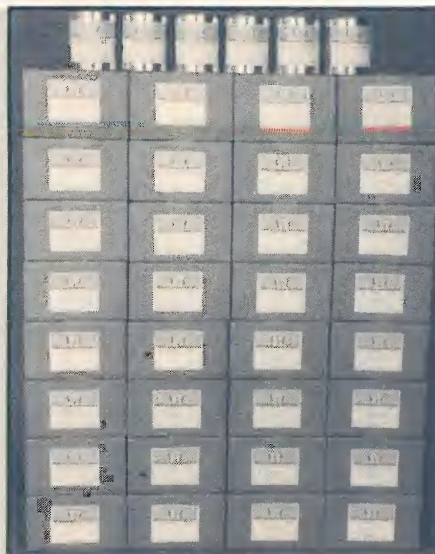
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Prize No. 2 includes the PO 18 Pistol and accessories shown here.

Prize No. 4



SOG Tech bowie knife from SOG Specialty Knives, Inc., Dept. ASG, P.O. Box 1024, Edmonds, WA 98020; (206) 771-6230. Designed with the utmost utilization of modern technology, the SOG Tech is an innovative cutting machine equal to any challenge and any environment. The 7¼" long, .250" wide carbon steel blade has an RC 57-58 hardness and is scientifically heat treated with a hollow grind. Brass guard allows greatest degree of downward pressure during use. Ergonomically influenced Kraton handle completely encapsulates the full tang. The high quality leather sheath is as advanced as the knife. Overall length is 12¼". Weight is 13.93 ozs. Comes with the sheath. Value: \$120.

Prize No. 3



A beautiful, elegant selection of unique knives made to look like high quality writing instruments from B&D Trading Co., Inc., Dept. ASG, 3935 Fair Hill Road, Fair Oaks, CA 95628; (916) 965-0555. Shown here are the Outdoorsman (4½" closed, 7½" open, 4 ozs., \$35.95), Grande Gold Heritage (4⅞" closed, 7⅞" open, 1.5 ozs., \$49.95), Lite Formal (3⅝" closed, 6⅞" open, 1 oz., \$39.95), Ultra Lite Flamboyant Red (3⅝" closed, 5¼" open, \$31.95), Junior Classic Silver (2⅜" closed, 3¼" open, \$23.95). Value: \$182.

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Mitchell Arms:

M16A1/22, CAR-15/22 Rifles

Classic military look-alikes in .22LR caliber. . .

By Jim Benson

NEW for the 1990s among Mitchell Arms' collection of military look-alike semiautomatic rifles in .22 Long Rifle caliber are "The Americans": the M16-A1/22 and CAR-15/22 rifles.

These new Italian made rifles are meant to look and feel almost identical to the real .223 (5.56 millimeter NATO) caliber rifles used by the U.S. military. And they do. Their size and weight and handling characteristics are very similar to the real thing.

They come with 15-round magazines (10-rounds also available) which fit inside of the permanently attached .223 size magazines of these guns. The barrels and receivers are black painted steel and the stock materials are black nylon. Rear sights are adjustable for windage and the rifles break open for cleaning in the same way the real military rifles do. Mitchell Arms offers a number of accessories for these rifles, including a folding bipod, scope mount and spare magazines.

These guns are the latest addition to Mitchell's line of military look-alike rifles from around the world, including the Soviet AK-22 and PPS-50 .22 rifles, Israeli Galil-22 and French M.A.S. .22 bull pup rifles. Some of these rifles are also available in .22 Magnum caliber.

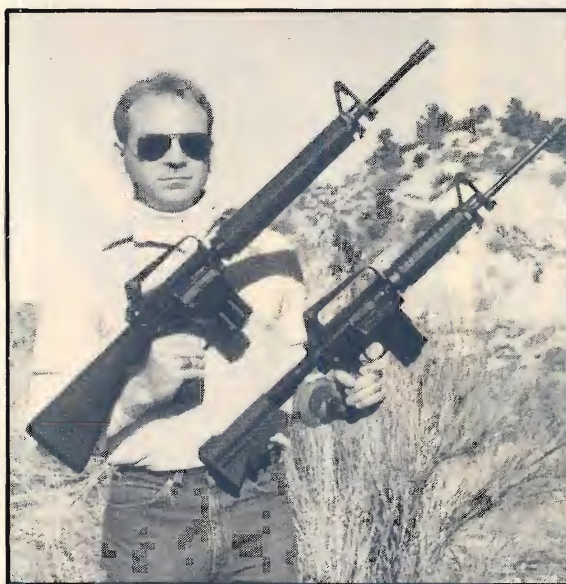
The M16A1/22 (7 lbs., 15.5 ozs. empty) has a suggested retail price of \$299.95 and the CAR-15/22 (6 lbs. empty) has a suggested retail price of \$329.95. We had an opportunity recently to test fire these new firearms and found them to be reliable and accurate.

Shooting from a standing position with shoulder aimed fire at targets placed 50 and 75 yards away we made repeated hits on the targets with ease. Add a scope to these guns and you have an accurate target rifle, plinker or small game hunter. For more information see your gun dealer or contact Mitchell Arms, Dept. ASG, 3400-I West MacArthur Blvd., Santa Ana, CA 92704; (714) 957-5711. ●

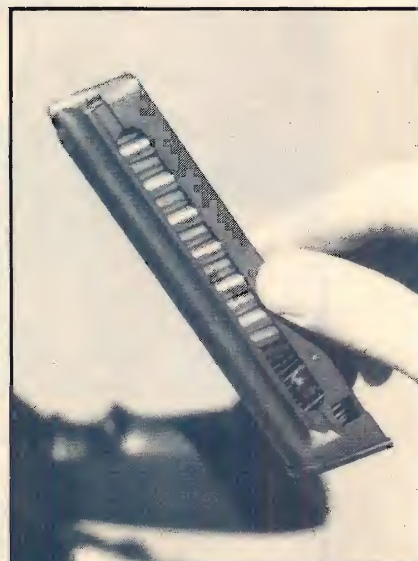
(Continued on page 58)



The Mitchell guns are close copies of the real military rifles with about the same weights and dimensions.



A shooter holds the Mitchell Arms M16A1/22, top, and CAR-15/22.



A loaded magazine is inserted in the magazine well. Magazine release button is on the left side of the weapon.

M16A1/22, CAR-15/22 Rifles



Results of some quick shoulder aimed firing with the CAR-15/22 at targets 50 and 75 yards distant.



The Mitchell .22s break open for cleaning and inspection in the same manner as the .223 caliber military rifles.

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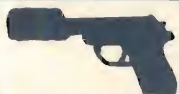
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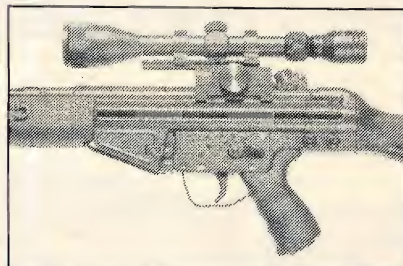
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Wilderness Skills:

One-Match Fire

By Bill Kumpe

Getting a fire lit quickly can make all the difference...

I guess I just don't have the knack. It seems that every book by an "outdoor survival" expert that I pick up includes a chapter that describes making a fire by rubbing two properly fashioned sticks together or some other equally unlikely scheme.

Well, I just can't imagine standing there by the creek bank, soaked to the skin, shivering violently, rubbing two sticks together trying to start the fire that will save me from imminent death. Granted, an expert, with substantial previous experience might be able to do it, but frankly when I go to the woods, I carry matches. Not just a box in my pocket mind you, but also a waterproof match safe full of large kitchen matches and birthday cake candles for fire starters.

I make it a practice to try to start my campfire with one match. I hope that I am never foolish enough to find myself in the situation where this is a necessary skill, but it couldn't hurt to know how, just in case.

I start my firemaking ritual by gathering everything I will need. I arrange the wood in small piles around the chosen site in more or less three groups: small kindling, medium sticks and large firewood. I start the fire-lay with a wad of wastepaper or toilet paper from my pack, then I stack the small kindling over it teepee fashion. Being careful not to crush the structure, since it needs to "breathe" to burn properly, I continue the teepee structure with several of the medium size pieces of firewood.

At this point in the game, I usually cheat if no one's around, and reach into my pack and pull out the little bottle of Army issue bug repellent that I always carry, and shoot a healthy squirt of it on to the paper and smaller kindling. Then, I place my body between the wind and the fire, and holding the match close to the paper, I strike it and apply the flame. I am usually rewarded by a small, almost explosive "puff" as the "jungle juice" ignites, followed shortly by the healthy



When you're finished with the fire, douse it thoroughly, stir the ashes and douse again. When you're sure it's out, fill the hole you made for the fire with the dirt dug from the hole.

crackling of the kindling.

Now, if someone is around, and I don't want to be caught "cheating," I will follow the same procedure without the bug repellent. Unless things are fairly damp, it usually works, just takes a little longer. If the makings are damp, I will hide one of the birthday candles from my match safe in the paper and light it. The wax will quickly melt, coating the paper, creating a hot little ignition source for several moments, often enough to dry out the kindling and light it.

Firemaking is a necessary survival skill. If you spend time in the outdoors, you need to master the techniques and develop your own style, as I have. The important thing to remember is that in some situations, getting a fire lit quickly can make the difference between life and death. It's certainly worth your time to practice your method until you are confident that you can quickly build a fire in most any circumstance. ●



When properly made and after adding fuel as the flame grows, you're ready to cook, brew coffee, warm your hands or whatever.



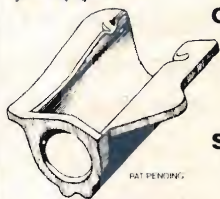
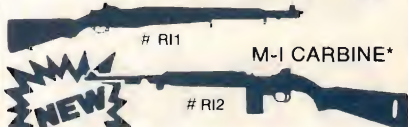
Before attempting to start the fire, gather all the necessary materials: matches, firestarter tinder and kindling, and plenty of firewood. Here the author has arranged his "squaw wood" on a support stick in lean-to fashion, ready to light.

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Staff Report

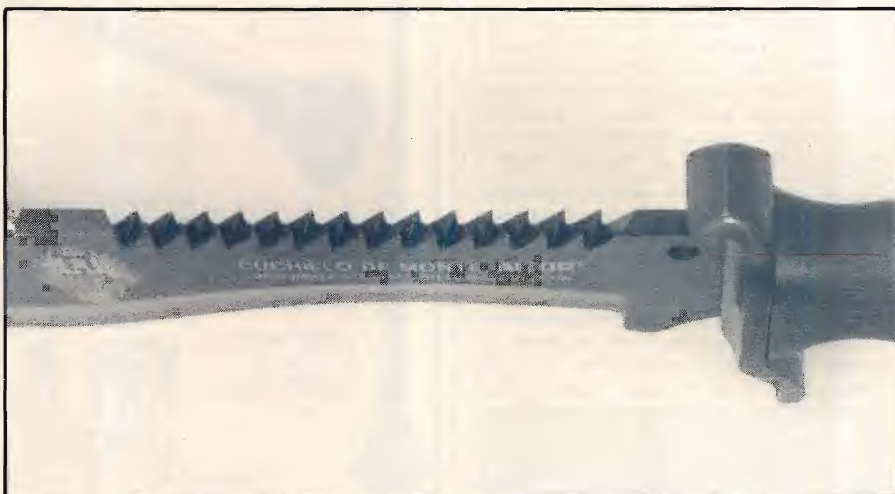


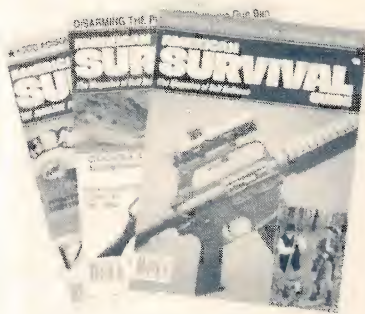
AITOR's Cuchillo de Monte ("Mountain Knife") is the actual Spanish contract military issue knife for mountain troops and has the military insignia on the blade and sheath.

The black oxidized stainless steel 7-inch blade has an ancient cutting edge design with razor sharpness. The back of the blade features a double row of staggered sawteeth—an arrangement proven to be very effective for a variety of sawing chores. The handle is a very strong black plastic with positive grip. Both blade and pommel have lanyard holes. The olive drab sheath is made of a similar tough, hard plastic material and web nylon that fits belts up to 3½-inches wide, including military belts.

Overall length of the knife is 12 inches. The knife itself weights 13.5 ounces. The sheath is only a few ounces of additional weight. The sheath can also be mounted on shoulder straps or other gear and comes with a nylon leg tie.

The Cuchillo de Monte is a strong, versatile, very sharp and efficient knife useful for a variety of outdoors tasks and survival purposes. It has a suggested retail of \$69.95. Available from your knife dealer. For more information contact Catoctin Cutlery, Dept. ASG, P. O. Box 188, Smithsburg, MD 21783; (301) 824-7416. •





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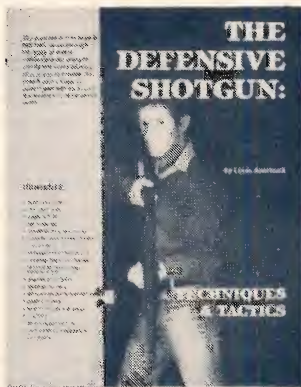
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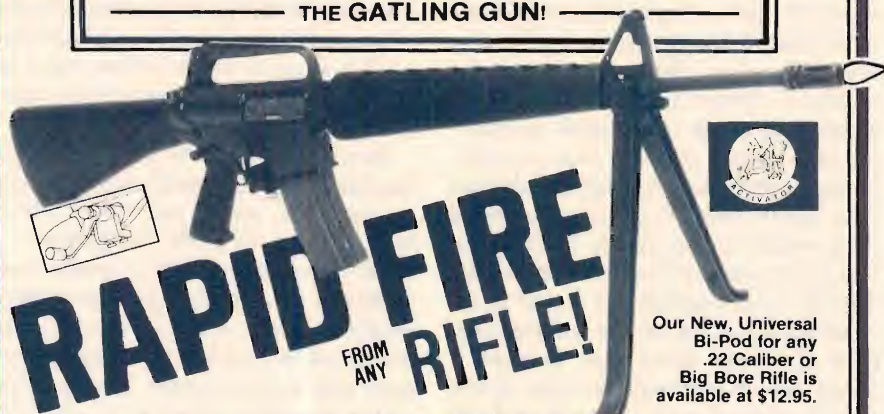
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Survival Kits

(Continued from page 33)

large that it probably will be left behind. Pack the hemostats, some good quality flexible fabric bandaids, a cotton bandana or triangular bandage which has many uses such as: filtering debris from water, sling, evaporative cooling when wet and worn on head. Including a piece of moleskin or mole foam can save a lot of pain if you tend to work up blisters on your feet. You might want to carry some blister-packaged tablets such as: Tylenol or aspirin for pain, and Pepto Bismol in case of diarrhea, in addition to any prescription medication you may require. Insects can make your life absolutely miserable, so I always tuck in a small bottle of repellent. I have found that some brands seem to work better for some people than others, so experiment around and see what works best for you. These items, along with a few foil wrapped handiwipes, will get you through most minor first aid situations.

Conspicuous by its absence is any reference to food. I learned long ago that a kit large enough to hold food is a kit that gets left behind. If you ever do need the food which comes packed in a commercial kit (usually a candy bar), it probably will have deteriorated in storage so badly that it's unfit to eat. Whenever I pack for a trip, I always include some emergency food items in my pack or carry-on bag. Single serving cans of chili, beans or spaghetti are light and don't take much room. Unlike freeze dried food, which is admittedly lighter and less bulky, canned food is ready to eat, and does not require hot water to reconstitute it. One of the hidden dangers of freeze dried food is that if eaten dry it will reconstitute inside your body by absorbing moisture from your system. Candy bars and high sugar foods are OK for quick energy, but quickly let you down. My favorite all around survival food is sardines. They can be eaten directly from the can, are high in food value, and the oil makes a great lure for small animals. Poured into a quiet pool, it will attract craw-dads as well as fish that can then be easily caught.

One of my pet peeves is the automatic inclusion of monofilament line and a fish hook in survival kits. Have you ever tried to catch a fish using that gear? I'll agree that it's possible, but it's about as much work as trying

to get water out of a solar still. A much more efficient and rewarding way to fish is to carry a mosquito net in your kit, and rig it with a bent branch into a landing net configuration. I've found that if the water is clear enough to see a fish, it's fairly easy to scoop it right up in the net. In addition, the net makes a good bag for carrying and storing gear.

For catching small mammals, snare wire takes very little space. Several well-placed snares beat the heck out of trying to stalk a little critter with the idea of getting close enough to club it to death. Without cooking pots, you're almost forced to spit roast your catch. Including some heavy duty aluminum foil folded up in your kit will allow you to fashion bowls and containers for storage as well as giving you a way to bake your meal in or over hot coals.

I carry a couple of four-foot by one-inch nylon straps with attached buckles in the kit so that I can strap the nylon pouch/survival kit to my body if I need both hands free to climb or swim. I also carry 50 feet of surveyor's tape. This brightly colored tape is extremely valuable in trail marking; 2- by 5- inch cards and a ball point pen are valuable when used in conjunction with the surveyor's tape to leave information for rescuers if you are forced to move from your original location.

Survival Cards are very important because they help focus your attention on survival, when you might otherwise give in to panic or despair.

Six heavy duty rubber bands come in handy for securing gear, or closing off sleeve cuffs. A few quarters in the bottom of the kit for the telephone can save you a lot of extra hiking, especially at night when gas stations, general stores, and ranger stations may be closed.

Summing Up — The secret to survival, if there is one, is being prepared for the unexpected. The contents I have suggested for the survival kits are the basics, which I have found through my own experience of trial and error to be the most practical and useful. Your survival kit should be carried with you, ALWAYS, whether you are on a half-day hike, or driving, flying or sailing off the beaten path. **THE RIGHT EQUIPMENT IS THE CRITICAL 10 PERCENT** that will save your life. ●

INVENTORY for BASIC SURVIVAL KIT

SHELTER and WARMTH

"Emergency" space blanket or bag
Heavy duty plastic trash bag (2.5 mil)
550 parachute cord 25'
9' transparent vinyl mending tape (wrapped around flashlight)

WATER

Heavy duty plastic water bag (a large heavy duty zip-loc bag will do)
Iodine based purification tablets
Large cotton bandana or triangular bandage

HEAT, LIGHT and SIGNALING

"9 hour" candle
Waterproof match case and waterproof strike-anywhere matches
2 birthday candles
Throw-away lighter
Magnesium fire starter
Card type magnifying lense
Police whistle on lanyard
Stainless steel, double surface signaling mirror
AA or AAA waterproof flashlight (be sure batteries are fresh)
Surveyor tape, 50'
3x5 cards and ballpoint pen

KNIVES and TOOLS

Swiss Army knife or Leatherman survival tool
Knife sharpener (opposed tungsten carbide bits)
Hemostats
Small "ignition point" file
Sharpened piece of hacksaw blade, 6" long
4" extra heavy duty sewing needle
6 heavy duty rubber bands

DIRECTION FINDING

Good quality liquid-filled luminous compass

FIRST AID

Clean cotton bandana or triangular bandage (see Water)
Hemostats (see Knives and Tools)
Flexible fabric band-aids of various sizes
Handiwipes
Insect repellent
Aspirins or Tylenol
Mole skin or mole foam
Pepto Bismol

GENERAL

Mosquito head net
Safety pins, 2 large, 4 medium
Telephone change
Snare wire, brass or copper
Survival cards

IN ADDITION TO THE BASIC SURVIVAL KIT ALWAYS INCLUDE THE FOLLOWING ITEMS IN YOUR PACK OR CARRY-ON BAG:

Individual-serving canned food, as sardines or spaghetti
A detailed map of the area where you will be
Separate first aid kit, including any prescription medicines you need
A small transistor radio can also come in extremely handy during an emergency
If you wear glasses, always carry an extra pair with you in an unbreakable case.

INVENTORY for AUGMENTATION KIT

My Augmentation Kit is in a pouch the same size as my Basic Kit, but it is a different color. This helps avoid confusion as to which is the primary kit. The redundancy in this kit is to insure that there are spare critical life support items such as the space blanket, candle, water purification tablets, and storage gear.

FIRST AID

4 3"x3" sterile pads
1 roll 2" cling bandage
Trial size pack of Coricidin 'D' decongestant tablets
Blister-pack of 9 Cepacol throat lozenges
Blister-pack of Pepto Bismol tablets
Neosporin antibiotic ointment
Extra safety pins
6 flexible fabric band-aids

SHELTER and WARMTH

4'x7' poly blanket or extra space blanket. This extra blanket can provide overhead shelter while the primary blanket is used to maintain body warmth
9 hour candle
25' 550 parachute cord
Small disposable lighter

FOOD and WATER

2 tins of sardines
Heavy duty nylon spoon
Snare wire
Mosquito head net
Iodine water purification tablets
Plastic water bag

SIGNALING

Spare batteries for flashlight

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Calico M-900 Carbine

(Continued from page 25)



The magazines attached or removed quickly and easily from the gun.



The safety lever is ambidextrous (on both sides of the receiver).



Pressing this lever and drawing back on the cocking handle will lock the bolt open.



The barrel shroud, shown here, magazines and pistol grip are glass filled minlon, a very strong plastic-type material.

of the bulls-eye areas of the targets as we adjusted the sights and accustomed ourselves to the weapon, but we were very pleased with the inherent accuracy of this gun, once you get the feel of it and sight it in. Our best results were, as expected, with the potent Winchester Silvertips, with numerous shots hitting a 1½-inch hole near the center of the target once our sights were adjusted. No question in our minds that this gun is quite accurate.

During test firing of approximately 100 rounds of different types of ammunition we experienced no malfunctions of any kind. Although the gun is light, there is little recoil and muzzle rise.

The front post and rear notch adjustable sights are easy to use and effective, with their three white dots, but proper placement of your head next to the weapon so you can use the sights takes some practice and will vary with different styles of shooting. We found we were able to use the sights with the stock folded or extended.

The M-900 and M-950 eject spent cases straight downward and have ambidextrous safeties, so operation is meant to be truly ambidextrous, and without a long vertical or horizontal magazine protruding from the weapon it is handy for use in tight spaces.

Light weight, compactness, low profile, ambidextrous, simple and reliable operation, high ammunition capacity, pistol and submachine gun compatible NATO standard caliber, excellent accuracy, able to use any commercial 9 mm loads... this gun seems to have it all. The only possible drawback we found was a little discomfort in sighting with the weapon, but this was nothing to be put off by. We find the M-900 to be a very desirable little firearm with lots of firepower and a reasonable price. ●

Calico M-900 Carbine: Tech Specs

Caliber9 mm NATO/Parabellum
Capacity50, 100 rds
Magazinedouble clutch release helical feed
Actionretarded blowback-CETME type
Boltheat treated A-2 tool steel with 17-4 PH striker
Operationsemiautomatic
Barrelheat treated 4130 steel
Rifling6 lands and grooves, 1 twist in 12 inches
Receiverprime cast A-356 Aluminum, T-6 temper
Barrel shroud, pistol grip, magazineglass filled minlon
Sightsfixed notch rear, adjustable post front-combat style
Sight radius6.8 inches (172 mm)
Safetyrotating sear and striker block
Springsstainless steel
Firing pinheat treated 4130
Weights:	
Without magazine4.1 lbs. (1.86 kgs)
W loaded 50-rd mag6.1 lbs. (2.76 kgs)
W loaded 100-rd mag7.78 lbs. (3.53 kgs)
Height6.9 inches (175 mm)
Width3.1 inches (78 mm)
Lengths:	
W buttstock closed28.6 inches (726 mm)
W buttstock extended36 inches (914 mm)
Barrel16.1 inches (409 mm)
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DistributorPatriot Distribution Company Dept. ASG, 2872 S. Wentworth Milwaukee, WI 53207 (414) 769-0760

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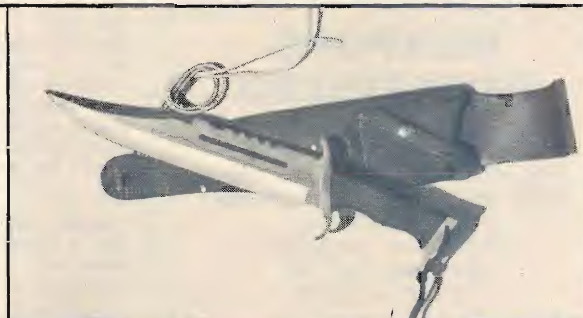
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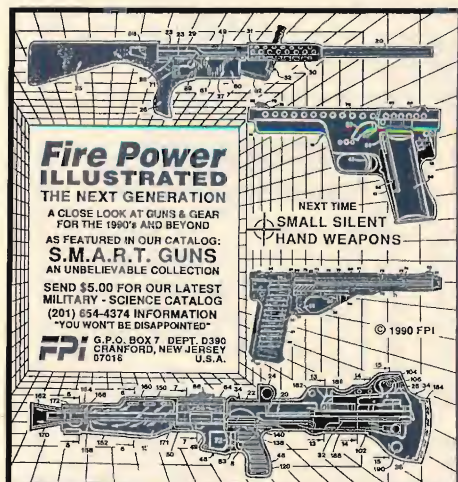
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Norfolk, Virginia. Family man with three sons, self sufficient with skills in firearms, all sorts of weapons, emergency medicine, group dynamics, wishes to share interests and learn about food storage, shelter plans and ideas. Possible trade of surplus items. We can help each other.

ASG 0302

Aylmer West, Ontario. Young Canadian survivalist wanting to make contact with individuals or small groups of Canadian and Northern American survivalists, male or female. Has limited experience in hunting, fishing, trapping and wide knowledge of survival and combat techniques but always willing to learn. No commies, gays, fascists, conformists, etc., need apply.

ASG 0303

Wilmington, North Carolina. Survivalist/Patriot would like to make contact with others of same mind to exchange ideas. Anywhere in Southeast North Carolina.

ASG 0304

Northern Lower Michigan. Newly formed survivalist group needs a few more good members to work as a team and prepare to survive whatever tomorrow brings. Level-headed and honest only need apply. Long distance membership accepted and each family prepares according to their budget.

ASG 0305

Iowa City, Iowa. Serious-minded survivalist wishes to meet/correspond with other Iowa/midwestern survivalists, as well as correspond with other like minded persons everywhere. All letters answered, SASE helpful, but not needed.

ASG 0306

Northern California. Seeking correspondence with survivalists and groups. Experience, knowledge, and skills acquired in USMC Force Recon unit, USAF, and search and rescue teams. Vast skills in patrolling, perimeter defense tactics, NBC, emergency medical care (EMT), fire fighting, rescue, management and organization, and other survival skills. I am interested in survival strategies, and well rounded training. Racists and pseudo-commando types need not reply.

ASG 0307

Buckeye, Arizona. I'm a 16-year-old survivalist who wishes to join or start a survivalist team in my area. I'm skilled with some firearms, basic first aid and navigation. I would like to exchange information and ideas with other survivalists to learn more. I don't want any gays, commies, Rambos or racists responding. All others regardless of age, race, or sex are welcome.

ASG 0308

Eddyville, Oregon. Husband and wife with four children are prepared for survival/wilderness living with equipment, food and experience. We are looking for single male, another couple, or a family to join us. Must be prepared and committed to survive hard times. Knowledge of conspiratorial view of history and/or threat of New Age movement helpful.

ASG 0309

Lancaster, California. Young survivalist would like to start a survival group. Any information would be appreciated.

ASG 0310

Frankfurt, Germany. 20-year-old male looking for innovative/creative people for loose knit, shoestring survival group. Interested in contacts in Europe, North America and Australia. Others also welcome. Medical, scientific skills as well as military needed. Racists, extremists, religious fanatics, Rambos, gays, need not apply.

ASG 0311

Mojave Desert, California. 30-year-old freedom-loving

male survivalist, who's liberated himself from Big Brother and bureaucracy, seeks woman to share his free lifestyle with.

ASG 0312

Southern Willamette Valley, Oregon. Studying possibilities of forming a non-government militia. Focus on defending the Constitution, not surviving disaster, but useful organization in either case. I believe the Second Amendment and the tradition of the Founding Fathers supports the formation of a "private militia". I would like this to not be a secret organization, but I will keep your correspondence confidential. Will send a copy of my published essay on the subject if you send SASE.

ASG 0313

Clemson, South Carolina. Would like to correspond with other females or males interested in living the simple life. Share info on drying foods, living off the land, herbal medicine, surviving the future. All letters answered.

ASG 0314

Worcester, Massachusetts. Survivalist would like to hear from other individuals in the area. Would like to join a group. I am a machinist, handyman and have lots of tools. Family-type, hunting, fishing, camping. I will travel to meet people, to exchange information and ideas.

ASG 0315

Oxford, Georgia. Survivalist couple in mid-thirties seeks sensible persons to form alliance. We are both self-employed, skilled with weapons, basic medicine, growing and storing food and most forms of construction. We require nothing other than honesty and a willingness to commit to the cause. Act now. This time it's for real.

ASG 0316

Greer, South Carolina. Individual looking for non-extremist group in North or South Carolina, or individuals wishing to start a group. We cannot make it alone — we must unite if we are to survive.

ASG 0317

Garrett County, Maryland. Oakland resident interested in setting up a paramilitary/survival group. Experienced in intelligence, reconnaissance. Ex-private investigator, Superior Court officer. Looking for persons of like mind who are willing to provide the safety and security for our families in the future. Persons in eastern West Virginia or Southwest Pennsylvania please reply. Strictly confidential, no communists or druggies.

ASG 0318

Edmonton, Alberta. 25-year-old professional male seeks contact with survivalist individuals and groups in Alberta and Northern Montana. Would prefer Christian oriented people.

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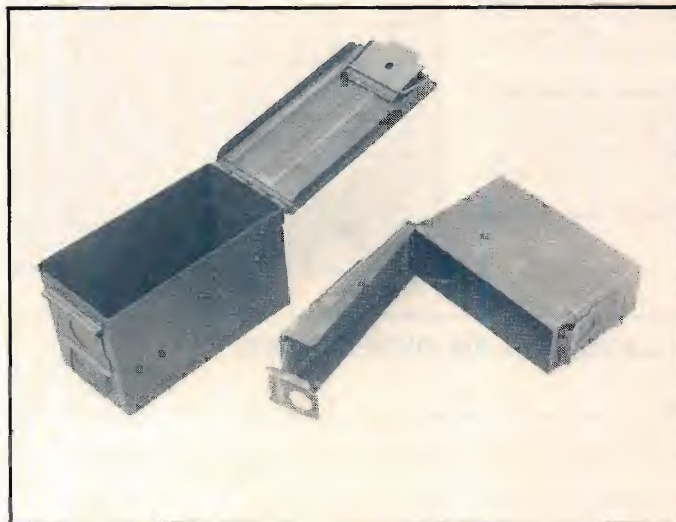
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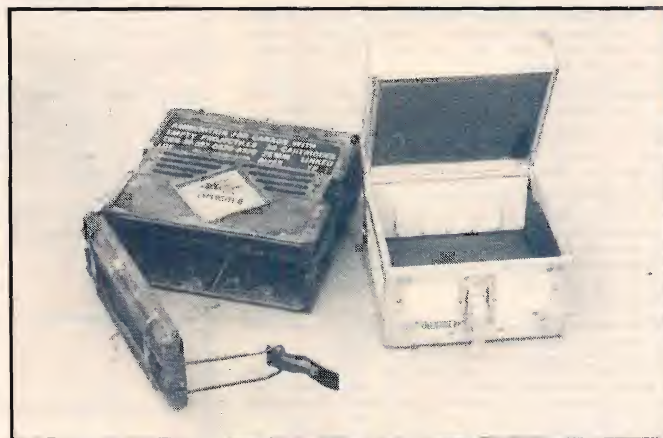
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Clockwise from left are the .50 caliber and 25mm cannon ammunition containers, FBI durable equipment case and .308 ammunition can.



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ed latch and designed to be securely stacked. Measurements are 9 by 9 by 9.5 inches. They are \$12.95 each plus \$3.95 S&H or two for \$25 postpaid.

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Gun Ownership

The best defense is often an offense. I for one, am damned tired of people expecting me to apologize for owning a gun. If we shooters, hunters and collectors would get our heads out of that warm, dark spot and go on the attack, the anti-gunners would be out of business. But why write letters to gun magazines? That's preaching to the choir. Pro-gun people buy gun magazines. We should write to our national and trade newspapers and magazines. Those are the people who need to know the facts about gun ownership. It's a fact that the police not only cannot protect us, but that they have no legal obligation to do so. It's a fact that the courts that have decided the police have no responsibility to the individual, and have tied the hands of law enforcement with unrealistic rules and procedures, are the same courts that are turning loose the criminals that continue to prey on us. It's a fact that in areas where citizens have been trained in the use of firearms, and when that training has been advertised, there has been a drastic reduction in crime. It's a fact that the armed citizen accounts for capturing more criminals, and preventing more crime than the police. Simply put, it's a fact that the private ownership of firearms is not only necessary, but that it intimidates criminals and incarcerates them. Let's advertise those facts, and use them aggressively to demand that our legislators liberalize the laws and allow us the right to defend ourselves and put the criminal behind bars.

Jon Pettebone
APO New York

When various elements in our society talk about raising taxes and restricting our right to bear arms, do you ever wonder if these people were awake during their American history classes? After all, wasn't our revolution started over British taxation and didn't the actual war break out when the "red coats" came to confiscate our guns?

James Joseph Koller
Huntington Beach, California

Recall Deconcini

I recently sent over 35 letters to federal legislators and officials stating the facts against gun bans. I began to feel that my efforts were not getting results when in almost every case they simply sent back a letter stating their own previously held views on the subject. Some even appeared arrogant and

totally dedicated to banning firearms despite the Second Amendment guarantees. I recently heard of a group in Arizona that has a better approach. *They are starting a recall of Senator Deconcini who introduced some of the gun ban legislation.* If your readers are aware of the seriousness of this attack on gun ownership they should all send a donation to help in the recall. If gun owners nationwide can focus their efforts on this one legislator, it will greatly increase the probability of a successful recall and send a resounding message to others who wish to restrict our liberties. Recall committees can then be formed in other states. Donations can be sent to: Arizona Citizens to Recall Deconcini, 1605 W. Sack Drive, Phoenix, AZ 85027. Remember, **THE PRICE OF FREEDOM IS ETERNAL VIGILANCE.**

William Watson
Miami Shores, Florida

*Senator Deconcini's treachery to gun owners regarding his sponsorship of the draconian gun ban legislation now being considered in Congress is outrageous and he should be thrown out of office for this alone. His involvement in the Lincoln Savings and Loan failure scandal is another matter that is getting more and more attention lately. We urge readers everywhere to contribute to the Deconcini recall effort—then see about recalling anti-gun-ownership politicians in your own states. **ACTIVELY SUPPORT THE PRO-GUN MOVEMENT OR LOSE YOUR FREEDOMS AND YOUR GUNS. WE CAN'T RELY ON THE COURTS OR OTHERS TO SAVE US.***

Alaskan Highway

Regarding Captain Harl's article about driving on the Alaskan Highway in winter (ASG Jan.'89), my thought is to use synthetic oil and grease throughout the vehicle. These synthetics do not congeal until -70 degrees Fahrenheit or perhaps more. I do not know the exact numbers, but they are certainly much lower temperatures than our regular materials. At night you can take out the battery and store it in a warm area. In the morning just replace it in the truck or car for much easier starting.

Harold D. Smith
Palmdale, California

MAIL CALL

Food Irradiation

I enjoyed your article on irradiation of food (December 1989), however there was one rather serious omission: What effect does irradiation have on the nutritional properties of foods? Also, to propose this method as a solution for worldwide food shortages strikes me as strange — especially in your magazine. Surely the vast majority of your readers know that worldwide shortages of food have been created through political/economic ignorance and design.

Robert Gairing
Victor, Montana

The views expressed in the article were the author's and not necessarily those of the staff of this magazine. He stated that food irradiation was a possible solution to world food shortages. There was also mention of changes in foods created by irradiation and creation of "URPs" which some contend are carcinogenic and otherwise harmful to humans but this has not been conclusively proven. We were not endorsing the use of irradiated foods by running this article, merely reporting about this new and controversial technology. We noticed recently that astronauts aboard the U.S. space shuttle were reported eating irradiated foods.

Suggestions

Thank you for a fine publication. I have enjoyed my subscriptions since the very first issue. You do a fine job and I hope to continue receiving your magazine for years to come. With all the disasters, etc., going on around us I am glad to be a long-time survivalist. Too many people think the bad times only means the bomb... Maybe you could publish an index of topics once or twice a year that would allow instant access to topics covered. I have all the issues except the one with the Beretta .380s on the cover.

Keith Brown
Covina, California

Thanks for the suggestion. We plan to publish a major index of articles shortly. It will begin with the year 1982 and continue up to 1989. In the December issues henceforth, we will print an index for that year's articles. ●

10 Efficient Food Crops

Hardy, easy-to-grow vegetable varieties. . .

By Mia Amato

THERE are many good reasons to want to grow your own vegetables.

Home grown food is cheaper, fresher, often better tasting, and free of the chemical additives and preservatives often used on vegetables sent to the supermarket. For many people, there's a great appeal just in maintaining a certain self-reliance through food gardening. Imagine not having to buy a supermarket vegetable for months. . . and being able, in the dead of winter, to dip into a selection of canned, dried or frozen foods you preserved yourself.

Home food production in even a small garden plot can be self sufficient if the vegetable varieties you select are themselves efficient. What's an efficient vegetable? One that will grow in a variety of circumstances — from the humid south to high desert, or the rocky coast of Maine. One that has many uses, raw or cooked. One that will supply lots of food per plant but not require too much cultivation or care.

The 10 varieties described below, which include protein foods as well as healthy doses of vitamins A and C via leafy greens, root crops and fruiting vegetables, are suggested because they are perhaps the most efficient food crops to grow. They are reliable in most situations, tolerate poor soil and drought, and stand up best to blights, mildews, and other plant diseases. Some are brand new hybrids; others are old reliables that farmers have relied on for decades. All are easy for a first-time gardener to grow, and all

produce large amounts of crop per plant.

General growing instructions are included with each variety. If you're new to self-sufficient gardening, you'll need: shovel; hoe; tined garden fork; flat rake; hose with sprinkler attachment or watering can; black garden plastic (optional); liquid fertilizer (I use Miracle Gro but you can make your own: just put a shovelful of well-rotted manure into about 10 gallons of water, let sit 24 hours, and strain off the dark colored "tea").

1. Lettuce, "Black Seeded Simpson"

— A loose-heading variety with pale green, crisp, frilly leaves, this is an unbeatable old fashioned lettuce. Simpson holds up to dry summers better than nearly any other lettuce, but plant it in a spot that will be shady during the hottest part of the day, since too much heat makes lettuce bitter.

Home food production in even a small garden plot can be self sufficient if the vegetable varieties you select are themselves efficient.

Sow thinly in rows 8 inches apart in well-worked soil. Sprinkle the soil so it's good and wet and keep the ground moist till seedlings emerge (about 7 days).

Thin out the rows for your earliest salads, water once or twice a week if it doesn't rain. You'll get lettuce in 30 days or less. Sow a new crop every few weeks or so and you'll have lettuce till

frost. Then, plant any leftover seeds in a window pot for earliest spring greens.

2. Celtuce — A versatile plant for the self-sufficient gardener, Celtuce will give you the stalks of CELery and the leaves of a letTUCE. It's very easy to grow and high in vitamin C. Grow like lettuce (see above). Use the pale green young leaves for salads, the older leaves like spinach, and the creamy white stalks sauteed or in soups as you would celery.

3. Beet, "Detroit Dark Red" — Another combo vegetable that's very easy to grow. "Detroit Dark Red" produces tender vitamin-rich tops to use like spinach or for soup greens, and three-inch red globes for a hot cooked side-dish or in beet soup. This variety resists cracking, doesn't get woody, and is reliable in most soils.

Plant like lettuce (see above) in spring, and again in early fall for a second crop. Throw the thinnings in the soup pot; below ground, beets will be ready to harvest in sixty days. Pull as you need them; beets can be stored for a while in a cool cellar, or they can be frozen or pickled for winter use.

4. Zucchini, "Black Magic" — A nearly foolproof vegetable with many uses: raw in salad, steamed or sauteed or baked, or transformed into zucchini soup, zucchini bread, zucchini cake, etc. You can even put the golden-yellow blossoms in batter and deep-fry them. "Black Magic" is an older hybrid that stands up to bugs and powdery mildew. The compact vines bear early — harvest begins about 50 days from set-

(Continued on page 74)



Self-sufficient gardens. Even a small plot can provide a variety of leafy greens, beans, root crops and other vegetables for year-round use (M. Amato).



Both flowers and fruit of the zucchini squash provide vitamins A and C (M. Amato).

10 Efficient Food Crops

(Continued from page 72)



Black plastic in this plot warms the soil for tomatoes and squash (M. Amato).



Want a trouble-free tomato? Try the "Early Girl" variety (S. Kleyman).

ting out, and continues till frost. Pick the black and green striped fruits when small or let them grow to baseball-bat size. "Black Magic" will keep bearing as long as it is kept picked.

Start seeds indoors in flats in a warm, sunny window or a cool frame about two weeks before warm weather; plant seeds half-inch deep in moist soil and keep flats moist till seedlings emerge. As the second set of leaves emerge, expose the flats outside for an hour or two, lengthening the time spent outdoors each day. Set out plants in a sunny spot about two feet apart. If your climate is cool, place black plastic around the plants to keep the soil warm. Water at least once a week. Feed occasionally with liquid fertilizer.

5. Tomato, "Early Girl" — If you have never grown a tomato — if you have no luck growing tomatoes — if you think your climate is too cold or your growing season too short for tomatoes — try "Early Girl."

I have grown this variety with success in the chilly, fog-filled summers of San Francisco and as far north as northernmost Pennsylvania. I have seen this hybrid flourishing in the deep south and thriving in pots on fire escapes in Manhattan. "Early Girl" stands up to heat and cold and most tomato diseases, fruiting earlier and

more bountifully even with neglect.

Start the plants indoors, from seed (follow directions on seed packet or see Zucchini, above) or buy established plants. When the weather is warm (May, most places) set the plants about two feet apart in well-fertilized soil, in an area that gets sun all day. Water deeply every other day till established. In cool climates (like the foggy northwest) lay down black plastic around the plants; this will retain the sun's heat and encourage growth. Another trick is to cut the bottom off a plastic or glass gallon jug, and place it over the tiny plants as a kind of "greenhouse." Water at least once a week if it doesn't rain and feed every two weeks with liquid fertilizer.

In 60 days you should be getting crops of delicious, medium size tomatoes. Stake the plants for bigger fruits. An indeterminate variety, "Early Girl" will continue to vine out and produce until frost. You'll have lots to can or freeze whole or as tomato sauce. Green tomatoes can be brought inside to ripen, in a paper bag with a banana or apple.

6. Swiss Chard, "Perpetual" — Easier to grow than spinach or carrots, packed with iron, potassium, and vitamins A and C, Swiss chard is a European "green" that deserves a tryout in every self-sufficient garden. "Perpetual" is a variety with smooth dark green leaves and white rib vigorous in nearly any climate or type of soil.

Plant spring, summer or early fall in rows a foot apart. Cover lightly with fine soil and water with a sprinkler or watering can. Keep the ground moist till seedlings emerge. Let the plants grow a bit and thin the rows so eventually plants are about six inches apart; use the thinnings in salad or put into the soup pot. Water at least once a week if it doesn't rain.

In less than a month, you'll have heads anywhere from one to three feet tall. To harvest, pick the outer leaves, or cut off entire plant about 3-4 inches from the soil; in either case, new leaves will continue to grow. Steam or boil like spinach, or stir-fry with onion or garlic. Chard freezes well for storage, and can hold its own through light frost. In many areas, if left alone it will send up a long shoot and self-seed.

7. White Potato, "Crystal White" or "Kennebec" — Every self-reliant gardener likes potatoes, which demand little care but pay back in pounds of nutritious food per plant. "Crystal" is an older variety, with a thin skin and

big yields; "Kennebec" matures later but is more easily found these days. Both varieties are very resistant to potato blight.

Supermarket potatoes are normally treated to prevent sprouting, so the first year you start potatoes from purchased sets or "eyes." Starting is easier if you spread the sets a single layer deep in a cool, dim room till sprouts start to pop out. Plant each in a hole five inches deep and about a foot apart as early as soil can be worked. Cover with four inches of soil and water once a week. When the plants emerge, cover the ground around each plant with black plastic, or a few handfuls of soil. This will protect the tubers from too much sun, which makes them turn greenish and inedible.

Two weeks after blossoms appear in late spring you can harvest "new potatoes." Leave the rest for a main crop to harvest when the leaves have withered and dried up. Potatoes store well in a cool cellar. When you dig up the potatoes, you may find tiny round tubers;

They are reliable in most situations, tolerate poor soil and drought, and stand up best to blights, mildews, and other plant diseases.

leave them in the ground if your winters are mild, and they'll provide a new crop next year. Otherwise, save them or cut up some of your stored potatoes into eyes the next spring, and your crop can be self-renewing from year to year.

8. Garlic ("Extra Select") — Easy for the self-sufficient gardener and essential to the cook. "Extra Select" is a common farming variety that's planted in spring up North and in the fall in South and West regions, but any variety is easier to grow and maintain than onion plants.

Pull a garlic bulb apart and plant the individual cloves pointy-side up, one-inch deep and eight-inches apart in rich soil in spring. Water now and then as the green stalks emerge. Trim off some of the green tops to add scallion-like flavor to meals all summer; dig up mature bulbs when tops have dried. Cure the bulbs in a dry sunny spot for a few days, then bring indoors to store. Save some cloves to plant next year for a perpetual supply.

9. Scarlet Runner Bean, "Red Knight" — Perhaps the most vigorous vegetable in the plant kingdom, this old-fashioned climbing bean thrives everywhere, tastes delicious and is high in protein. "Red Knight" doesn't mind cool nights, is practically disease-free, and is less "stringy" than other green beans.

Plant in spring, about one inch deep and about eight inches apart, near some support, like a string trellis or wire fence. Water deeply and keep wet till plants emerge (about 7-10 days) and then stand back! The vines will grow very quickly, putting out bright red flowers in about 45 days, followed by a heavy crop of beans until really hot weather sets in. Pick and cook as you would any green bean, can or freeze.

10. Bush Shell Bean, "Midnight" — Try this South American black "turtle" bean as a protein source that can be dried for winter storage. "Midnight" is a new, improved hybrid developed at Cornell University for cooler climates. Instead of vines, the plants grow as bushes about two feet high. It is a vigorous grower.

When weather is warm, sow seeds two inches deep and three inches apart, in rows at least a foot apart. Water with a sprinkler and keep ground moist till seedlings emerge. Then water at least once a week, and feed occasionally with liquid fertilizer.

When the pods are young, you can eat them like green beans. They are best dried and then shelled to be stored as dry beans. Use them in any dried bean recipe, or to make a hearty black bean soup. ●

Preparing Soil For Food Crops

Getting the ground ready for planting isn't complicated. But you don't just dig a hole, drop a seed in and pray — better crops come from soil that's been prepared. If you haven't done this before, start with a small area. A 10-by-30-foot or 300 sq. ft. plot gives plenty of room for trying all the varieties mentioned above.

First, pry up grassy soil clods with a 4-tine garden fork, and use both fork and shovel to thoroughly loosen soil to a depth of 24 inches or at least 18 inches. (If you use a plow or a motorized tiller, follow manufacturer's directions) *Never dig wet earth* — you'll wind up making a kind of concrete that nothing can grow in.

Remove weeds and any large rocks. If your soil is very sandy or is a puddly clay, add lots of organic material to "fluff it up." Good choices would be composted leaves, peat moss, "redwood soil conditioner," maple or redwood sawdust, or wood chips. Work this into the ground. Spread aged or dried manure on top of the plot and use a hoe to mix in to the top 3-8 inches of the soil (fresh manure is too "hot" for plants). Other useful soil amendments to work in are wood ashes from your fireplace and commercially available bone meal. Use both back and tines of a rake to smooth out the planting surface.

Sierra Supply:

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This U.S. standard issue helmet protects against low velocity small arms fire. . .

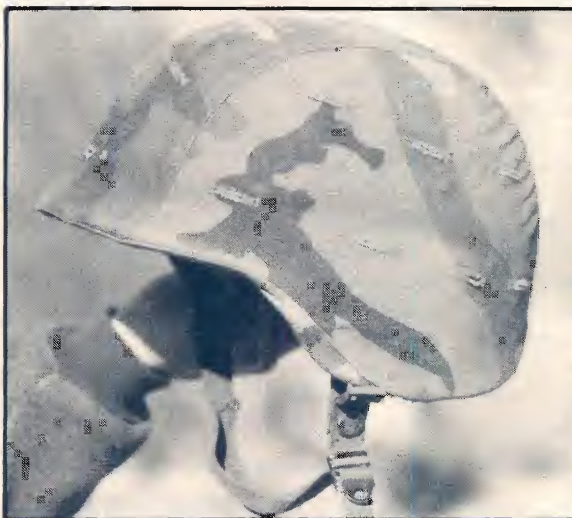
Staff Evaluation

THE new standard issue helmet for U.S. combat troops is made of Kevlar, a synthetic fiber known for its toughness and used extensively in body armor. Those who wear the helmet call it "the Fritz" because it resembles the German helmet worn in WWII. The helmet incorporates a new lamination process in which 19 layers of kevlar are laminated together. This construction assures the user of protection against low velocity small arms fire, ricochets and shrapnel.

We were provided a *Fritz* from Sierra Supply for field testing and evaluation. We took three rifles (a Colt AR-15, a Chinese SKS, and a bolt-action Fed-Ord American Eagle Mauser M98/95 in .308) and tested the helmet with the calibers .223, 7.62 x 39mm, and .308 at 50 yards. Direct, straight-on hits with any of these calibers will pierce the helmet.

We did find that glancing and grazing hits were slowed or deflected. A .223 round that grazed the helmet did a lot of shredding on the outside and made a lump the size of a silver dollar on the inside. A 7.62 x 39 grazing shot actually penetrated the helmet and on inspecting an inch-long shred/tear area inside the helmet, we were able to dig out the bullet. We tried for grazing hits with .308 but after two direct hits in the ear flap area we stopped trying. These hits proved how devastating a rifle round can be. The helmet was shredded in a three inch area with Kevlar fibers expanding out the exit hole like mattress stuffing.

At 50 feet and 20 feet we tested two calibers of pistol rounds (9mm and .45 ACP) using a Sig 225 and a Springfield Armory M1911A1 government model .45. Straight-on shots from the 9mm never penetrated through all of the 19 layers, but did cause big bulges inside the helmet. Several rounds were dug out and several were really lodged tight so that even with a knife and pliers, we couldn't get them out. The slower, heavier .45 bullets never penetrated the first layer of Kevlar! Instead they caused depressions of up to



A few bumps can be seen on the inside from pistol round impact. The right-hand side ear flap is shredded from .308 shots.



The top of the helmet shows where a .22 bullet grazed the Kevlar where a 7.62x39mm round dug in at a glancing angle. Pistol bullets that hit the helmet are displayed at right.

6mm and were caught by the cloth camo cover.

The Fritz passed our test for low velocity projectile hits with flying colors and has been combat tested in Grenada and recently in Panama. Sierra Supply has a limited quantity of these helmets in very good condition. The helmets are available in small (7 inches) and medium (7½ to 7¾ inches) for \$70 postpaid, and large (7⅝ to 7¾ inches) for \$80 postpaid. The helmets are used but in very good condition and come complete with a camouflage helmet cover, camo band and new sweat band. Hawaii and Alaska add \$6 for shipping. No foreign orders will be accepted. Contact: Sierra Supply, P.O. Box 1390, Durango, CO 81302; (303) 259-1822. ●



9mm hits are located in the rear center of the helmet and upper right. None of the 9mm bullets came through to the inside.

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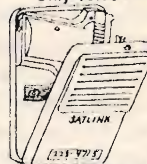
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Staff Report

BLACKJACK Knives has developed a unique family of folding knives for sporting and tactical uses.

Over the past two years the line has expanded from one basic size folder to over 15 models and styles. The largest of these are the new Folding Mamba I and Folding Mamba I Stiletto models. These knives are heavily constructed yet maintain a sleek profile. Liners and bolsters are all stainless steel with black micarta inserts.

Except for the stiletto folders, the entire line features the now famous Mamba style reverse curve blade. The FM-I-ST has a quick tapered stiletto style blade. The blade steel is AUS-8A chrome-vanadium stainless steel alloy. This steel coupled with superior heat treating and cryogenic processing yields blades that take and hold razor sharp edges.

The lock is Blackjack Knives owner Mike Stewart's 4-point undercut system which is now found on all Blackjack folders of this series. There is also a further strengthening bar which transverses the full width of the knife below the lock bar. This bar rests neatly into the sharpening choile to prevent the blade edge from touching the inside handle when closed. The lock release is located on the back and is always under the hollow of the hand in use, preventing accidental unlocking in strenuous use.

The FM-Is are well balanced and weigh 8.6 ounces. All are supplied with high quality nylon belt pouches. Blades are 4¼ inches long with 5¼-inch handles. Retail prices are \$89.95.

The standard Folding Mambas have 3-inch blades and 4½-inch handles, except for the smaller keychain Folding Mamba. Handle slabs are available in checkered Zytel (Lightweight and Keychain Folding Mambas), Kraton rubber, Micarta, Cocobolo wood (weather resistant) and stag. Suggested retail prices range from about \$35 for the Lightweight Folding Mamba (total weight only about 3 ounces) and keychain model to about \$70 for the other models.

See your knife dealer for details, or contact Blackjack Knives, Dept. ASG, 7210 Jordan Ave., # D-72, Canoga Park, CA 91303; (818) 902-9853. ●

Folding

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Mambas



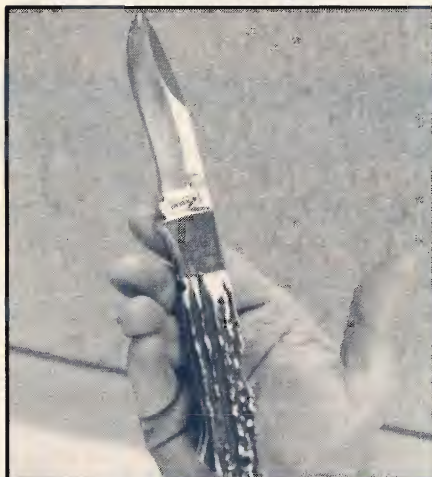
Shown here are standard Folding Mambas and the keychain model and the new Folding Mamba I and Folding Mamba I Stiletto models. From left, FM Kraton handle, keychain (Zytel handle), Lightweight FM (Zytel), Micarta FM, Stag FM, Cocobolo FM, FM-I and FM-I-ST.



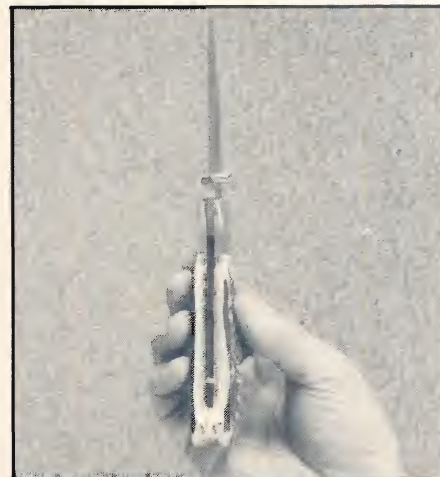
The Folding Mambas utilize a stud at the base of the blade for one-handed opening.



Folding Mamba I Stiletto model.



FM Stag model.





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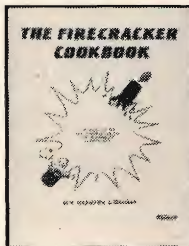
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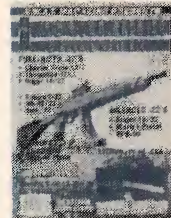
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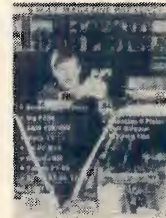
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